

THIS WEEK

18-24 FEBRUARY 2011

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NUTSMEMS

AT THE BACK OF THE GRID, EVERY WEEK

Nuts EXCLUSIVE!

Lewis Hamilton: 'I want to be world champion!'



i Lewis! Your new viral sees you and Jenson putting the finishing touches to your new
F1 car. If you really had to put it together, what part could you do best? I believe I can do any part to a race standard. I've always been good at taking

The F1 ace talks about his new car, tweeting from the pits and letting us take his missus on a date!

things to bits and putting them back together. I can pretty much take a car apart and rebuild it. I definitely couldn't do it as well as the guys on my team, though! What's the 2011 Championship going to hinge on? You never know. Sometimes it starts off the wrong way and it's just how you dig yourself out of it. I'm always prepared for how it might go. What we do is just work towards being prepared as best we can.

Is there much pressure on you to beat Jenson? There's always pressure within a team, and anyone who says there isn't is lying. You're working as a team, for the team, but you want to be seen as the better one of the two! Jenson and I will always have that rivalry – he wants to be world champion and so do I – but that'll never cloud our judgment to the point where we'd crash into each other!

Do you two have any cheeky bets? Are there races where you feel, "I can have him"? Every race! Ha-ha! Nah, we don't have anything like that. We're going there to win. I don't think we need more incentive! In sports like football, the fans are really close to the action. Is it the same in F1? Well, they're nowhere near as close. But people don't realise that it's the fans who create atmosphere.

You wouldn't believe it at the speeds we travel, but we can see them. We can see all the flags, hear the cheers, and see all the fans moving. It makes a huge difference. I don't think it does for all the drivers, but it does for me. I'm from Stevenage, man. It was hard enough getting girls to like you or make friends, let alone have fans who love you and travel all over the world to support you. It's pretty cool! Do you feel cool

when you're driving?

I definitely don't when

I'm wearing this suit,

even though it's pretty

cool to have and there

who can wear it! You

are only two of us

Vodafone McLaren Mercedes MP4-26

The motor that's going to make the difference on the track in 2011



- The MP4-26 features a range of new aerodynamic features designed to take advantage of rule changes by limiting the amount of downforce that can be derived from the car's underbody.

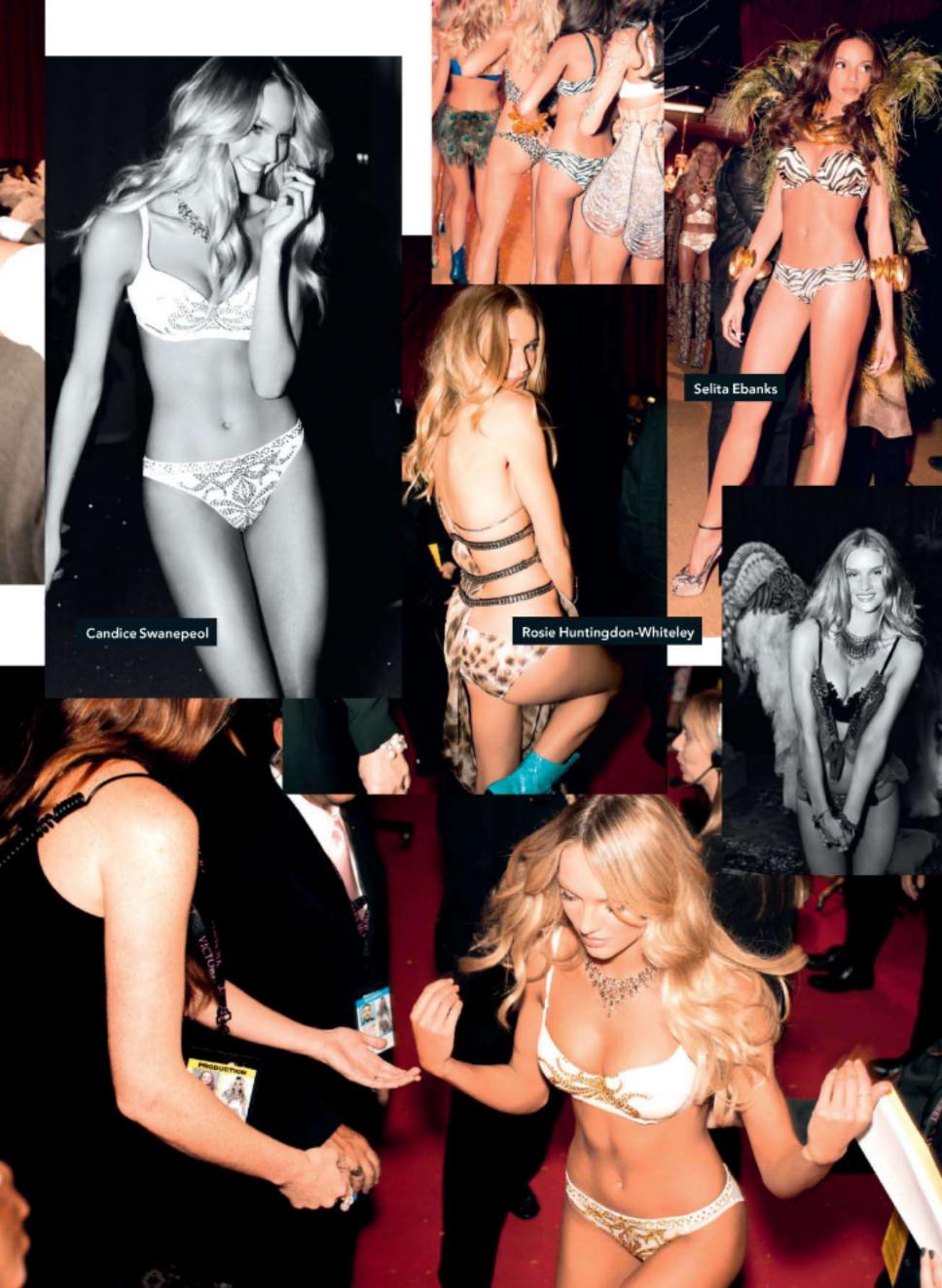
 These include
- distinctive U-shaped sidepods, which feed air more efficiently to the car's rear-end.
- An adjustable rear-wing system has also been introduced for 2011, to increase the potential for overtaking.
- The engine's an allnew electric hybrid
- system. Vodafone McLaren Mercedes became the first F1 team to win the Championship using a hybrid device in 2009.
- The chromed-out paint job not only looks cool, it actually helps with the aerodynamics by creating less drag!
- The lengthened structural nose has integral front-wing drag-reduction for better aerodynamics.
- Engineers tell us the exhaust system, currently located at the back of the car, is moving – but they won't tell us where to!













200mph American tuned supercar!

It's the Mach7 Motorsports Falcon - the Dodge Viper's successor!

- Now the Dodge Viper has slithered out of production, a company known for modifying them – Mach7 Motorsports – has decided to build its own all-American supercar, not named after a snake, but a swift bird.
- You may not have heard of Mach7 – this is its first car

 but its benchmark for top speed and acceleration was rumoured to be the V10 Viper. In other words, 190mph,
 0-60mph in 3.9 and 0-100mph in 9-point-something seconds.
- Instead of using the 8.4-litre Viper engine, the Falcon has borrowed the Chevrolet Corvette's "LS3" 6.2-litre V8, which is mid-mounted behind the passenger seats.
- Entry-level power is 500bhp, but if that sounds too weedy, there's an optional 638bhp supercharged "LS9" motor.
- Mach7 Motorsports claim the 500bhp Falcon will hit 0-60 in under four seconds, and the 638bhp beastie will do it in 3.5 seconds.
- It's lighter than a Viper, too, thanks to an all carbon-fibre aircraft-inspired fuselage and hydroformed aluminium chassis. The Falcon weighs just 1,294kg – that's a quarter of a tonne less than a Viper!

- Like all trad supercars, the Falcon is rear-wheel drive, and there are no paddle shifts – just a six-speed manual box geared to punish the chubby 335/30/ 20 rear tyres over 200mph.
- The Falcon also boasts

 a GPS speedo, which gathers
 0-60mph and quarter-mile
 drag-race data. Oh, and it has satnay and hands-free, tool
- If the Bose audio system doesn't bring enough aural pleasure, remove the Falcon's roof panel to get a clearer sound of that V8.
- Mach 7 intends to produce up to 15 per year with a £125k price tag – pricey but at least it's cheaper than the SSC Ultimate Aero and Saleen S7!

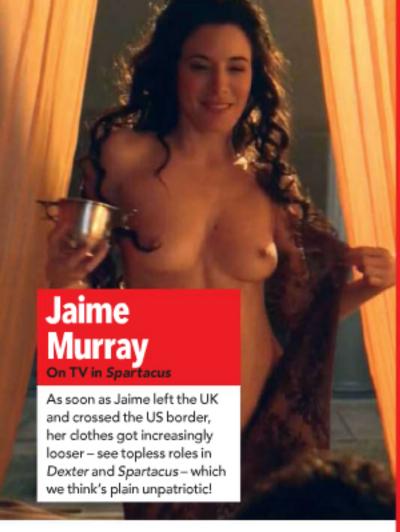
















THE Nuts LIP-READER!

When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA



WOLVES VS MAN UNITED Molineux, Sat 5 Feb, 6.12pm The defender jokes with scorer Kevin Doyle after Wolves take the lead.



ASTON VILLA VS FULHAM Villa Park, Sat 5 Feb, 4.37pm The Fulham man enjoys an, er, explosive celebration after equalising.



CHELSEA VS LIVERPOOL Stamford Bridge, Sun 6 Feb, 4.43pm The Chelsea defender has a barney with Petr Cech after a collision.





STOKE VS SUNDERLAND Britannia Stadium, Sat 5 Feb. 2.17pm The away keeper gets angry after a strong challenge.

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A QUICK WORD WITH... Simon Pegg & Nick Frost

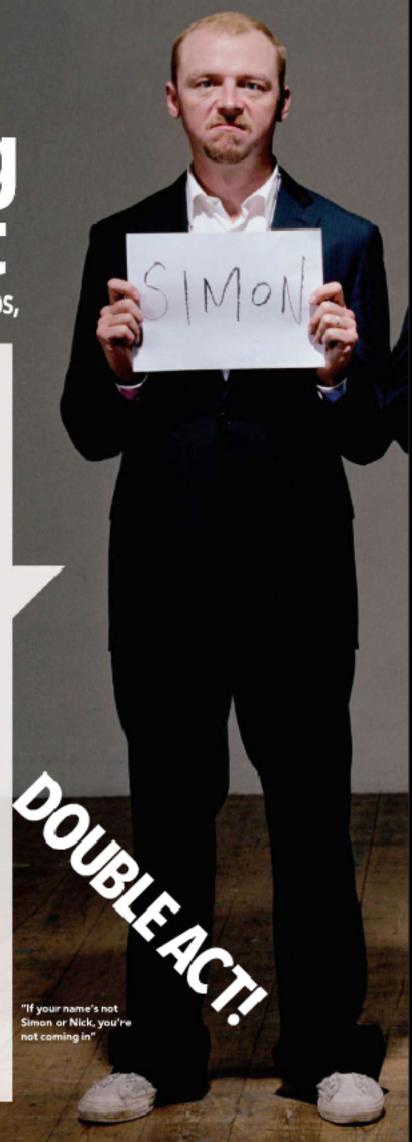
The hilarious *Paul* stars on road trips, on-set injuries and being ginger!

i Simon! OK, first things first - are you ginger? Not really. My hair's kind of brown, really. I think with Shaun Of The Dead we dyed my hair slightly reddy. Also, my beard is slightly ginger, which is a phenomenon of some men-ginger from the nose down. But my hair's not ginger. Oh, OK - we just thought you might be a bit ginge. Well, I love gingers, but I'd be lying if I said I was part of that club. But I'm happy for people to think I am. When was the last time you laughed so hard a tiny bit of pee came out? Nick Frost makes me laugh like that all the time. We wrote the screenplay for Paul together and I laughed hard just about every day in the office. Some pee nearly came out then. So, tell us about this Alien movie, Paul? It's a road movie with two geeks travelling across America in an RV who meet an alien called Paul and get up to all sorts. And, hopefully, it's funny! This film came from the desire to make a movie somewhere with good weather. Nick and I came up with this pitch purely to go somewhere it's always sunmy - ie the desert.

You guys did a proper road trip across America to help write the movie. Did anything happen on the road that you've put into the story? Well, the nearest bar to Area 51 is in a town called Rachel, Nevada. It's mainly trailers, but there's a café there filled with UFO memorabilia. We were filming there, and just geeking out over all the UFO stuff, and these two scary guys

walked in wearing ghillie suits like hunting men, and the whole atmosphere just changed and we kind of got a bit scared and left, so that's in the film.

How did the atmosphere change? It just went a bit weird. What's the funniest line you've ever said? There have been so many. It was Nick who said it, but one of the funniest lines Lever wrote was, "Who died and made you faking king of the zombies?" But there are so many. I'm not being modest. I'm just being big-headed actually! We heard that after shooting the scene with Alien star Sigourney Weaver, you fell to the ground in awe. I don't think I fell to the ground. Sigourney was wonderful. She was so up for it and she's been in one of the most famous science-fiction franchises of all time. So, when she appears it has a delicious kind of duality to it because not only is it Sigourney Weaver but she was Ripley in Alien! We couldn't help but notice you chaps got away with smoking a lot of weed on film, with Spaced, It was part of what made the show. We'd light a joint and it wouldn't be mentioned, it would just be something we did in the afternoon, every day! Sometimes in the morning. So, after Shaun Of The Dead and Hot Fuzz, will there be a third Spaced family movie on the way? Yes! Absolutely. Edgar Wright [Shaun..., Hot Fuzz and Spaced director] and myself will get together and write the third film, which will become known as The Third Unseen Movie!





DON'T LOCK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

"It was one heck of a pick, but the bogey was worth it"

| Compared to the bogey was worth it | Compared to the bogey was

'I had a skin graft from my elbow!'

Heavy weight mangles bloke's finger!

t's that time of year when some of us try to shed the extra pounds we put on over Christmas by working out a bit more. But after seeing what happened to Nuts reader Warren Stevenson from Essex, we think we'll avoid lifting heavy weights from now on!

Auto technician Warren, 20, tells Nuts, "I was in my room doing some lifting, when I accidentally let a 20kg weight slip. I tried to catch it, but it dragged my hand down to the floor and smashed onto the top of my finger. Straightaway, I lifted my arm up and blood started gushing out of the wound, and it hurt like f**k!

"I had to have surgery, and the doctors took a skin graft from the inside of my elbow to put my finger back together. I'm back doing the weights now, but I always make sure I've got a proper grip before I lift!"

"Snood? No, it's an, erm, 'Dood'!"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

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(Joenex

pockets

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STILL ARMED.
STILL DANGEROUS.
STILL GOT IT.



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Warning: highly likely to cause offence!

"Who let Jordan and Peter near so many hot objects?"

We're getting **Jorache**

I see Jordan and Peter Andre have been accusing each other of being bad parents. Peter claims Princess Tamara Wotsername Pelican, or whatever her name is (let's just call her "Harvey's sister") got burned in a sauna. But hev, you know these model kids have to cut weight right? Jordan then claimed that Peter burned Harvey in 2007. I don't know what's going on but I do want to know who's letting Jordan and Peter near so many hot objects! Didn't anybody childproof the house for that f**kin' pair? And as for Jordan accusing Peter of using the kids to get publicity - why, that's just the pot calling the kettle thick!

Race car drivers

So Top Gear have been accused of being racist to Mexicans and albinos in the same week. Sorry, I mean Albanians! Albinos they'd like, I'm guessing - 'cos they're so white! Yeah, apparently, they said all Mexicans are lazy while albinos were all car thieves and Mafia members. Now, they do say that all stereotypes are there for a reason, but it's not like all middle-aged, white, English guys are f**kin' bigots, is it?

Swiss policy is

Switzerland threatened to arrest George W Bush for human rights crimes if he visited their

country. Nice of Switzerland to fight wars after they're all finished. Good people. This was the mob who were neutral during the Second World War? I mean, c'mon, Switzerland! You couldn't tell Hitler was bad? "We'll pick up George W Bush now but Adolf? We don't have an opinion on him!" C'mon, you had those f "kin' knives and everything. why didn't you use them? You'll judge one middle-aged simpleton, but the Second World War? "Sorry, world, we haven't decided who the bad guys are!"

Fairground ride sliding away

I love this! They're having to move a water-slide attraction in Thorpe Park to another part of the grounds because it's haunted by ghostly monks! The slide was apparently built over an ancient burial ground for religious types who'd taken a vow of silence. How scary can a ghost who can't go "whoo" really be? Apparently, the main ghost is a headless monk - isn't that just a bit of

brown doth? Maybe he's headless because he went for a ride on the rollercoaster before its safety procedures had been adequately tested! Whatever the truth, I reckon the scariest thing about a water slide in England is the fact that it's in f**kin' England it'll be freezing! If they're smart,

they'll just move the whole flaming thing to Spain!

Why Diddy

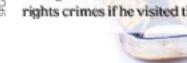
Unbelievably, Diddy bought a £155,000 car for his kid last week because he was getting good grades. That sounds impressive as an incentive, but let's face it, even if all his grades were sh*t, the boy would still have got one that costs about 80

grand. I don't think the kid's that smart. Why's he even bothering to use his brain? The only thing he needs to learn is how to sit

around - and wait for Diddy to die!

Jim Jefferies: Alcoholocaust Live is out now on DVD.





Nuts GEAR

H20 shower powered radio

www.tangogroup.net

Nuts says: Clever, waterpowered radio that hooks up through your shower's lead, and uses a micro-turbine to juice your morning tunes, absolutely free!

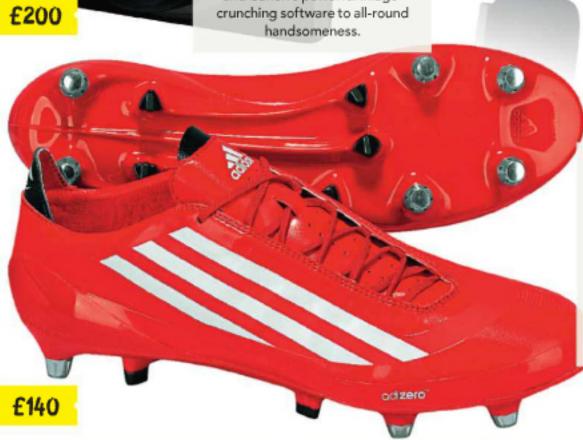


Canon's Ixus is called the Ixy IXY Digital in Japan and Digital Elph in the US and Canada

Canon Ixus 220 HS

www.canon.co.uk/ixus

Nuts says: Pretty snapper adds 12.1-megapixel sensor, 5x zoom and Canon's powerful imagecrunching software to all-round



Jaybird SB2 wireless headphones

www.advancedheadphones.co.uk

Nuts says: Featuring wireless Bluetooth linking, controls compatible with iPhones and a lifetime warranty against sweat!

> Keith Earl, Mathieu Bastareaud and Mike Phillips will be wearing the RS7

Adidas AdiZero RS7

www.adidas.com/uk

Nuts says: It's the lightest rubgy boot around at 165g, the print on the forefoot improves ball striking and the frame adds stability for players changing the direction of their run.

Check out more reviews at www.nutsco.uk/reviews



YOUR LETTE

A maelstrom of madness from our readers!

Send your Letters to nutsletters @



And don't eat the urinal cake either

Dear Nuts,

I found this sign in a pub toilet and thought it was very helpful!

Harvey Harrison, via email

What? Next, they'll be telling us we shouldn't wash our hair with it either! Madness!

Letter of the Letter Of The Week

Dear Nuts.

I found this letter on my damaged car that had been hit while parked up – much to my annoyance! But I had to laugh at the creativity and audacity of the letter!

Bradley Watson, via email

Bradley, we had to give you Letter Of The Week just for being such a good sport!

It didn't take Wenger long to realise Wilshere had caused the damage Hello Jack, 1902 accidently hit your I'm Jack, 1902 accidently hit your Cor and somebody has witnessed it, and somebody has witnessed it, cor and somebody has witnessed it, so and somebody has witnessed it, and somebody has witnessed it, so with an analysis of write down so and somebody has witnessed it, so with an analysis of write down so and somebody has witnessed it, so wit

Looney Toons

Dear Nuts,

I saw this puddy-tat creeping up on me on the piste at Val d'Isère skiing resort in France. He was trying to get hold of my Nuts!

Dave Haigh and Mike Gibbon, Kent

Insert "large pussy trying to grab hold of Nuts" joke here!



Nuts' signature dish revealed!

Dear Nuts,

I was in Spain last year and I ordered egg fried rice with my dinner. This is what I got. I think it got a bit lost in translation.

Shaun Ward, London

Is it wrong that we're looking at this and still thinking, "That looks delicious!"?





in point Dear Nuts, Here's a pic of me in the Nuts uniform you very kindly sent me. I hope you like them!

Casey Brennan, Bucks We do – and from the looks of things, you do as well!

STEALTH BUMMING CORNER!

ONLY IN Nuts!

"This is my mate stealth bumming our Sgt Detachment Commander!" Corporal Matt Gardner; Afghanistan

26 Nuts



Well, that's very mean of him!

Dear Nuts.

While watching a Royal Navy programme on Channel Five, I came across this very amusing commander's name.

Joe Calladine, Mansfield He also seems to be a blue curtain. How strange!



Not an ice feeling

Dear Nuts.

I've been disappointed with the lack of detail in your recent snow willies, and so I couldn't keep my recent veiny triumph from you any longer. And then this is it a week later, authentically floppy! Pretty impressive, eh?

Dave, Somerset

We shouldn't laugh really, it happens to us all!



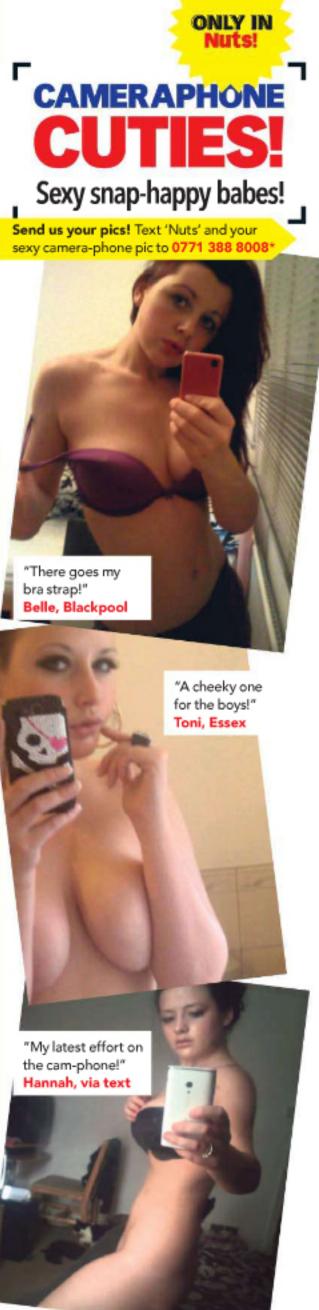


Win Durex stuff! @@@



Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 60. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy.

Visit www.durex.co.uk for more information.



Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcme

A new Mr Men character has been based on Emile Heskey - Mr Sitter!

Paul Field, Liverpool.

I felt sorry for a hypnotist I saw last night. He hypnotised three blokes then tripped over the microphone cable and said, "F**k me!" Aaron Reyes, Gloucester

They say sex is a good form of exercise. Three minutes every two months doesn't seem to be shifting my beer belly thouah!

George Martin, Watford

I often say to myself, "I can't believe that cloning machine worked!"

William Morris, Reading

Q: What do you call a woman who can't stop reading books?

A: Paige Turner
Robin Marks, Bristol

"The food skie are loit Running joke! you need to book in advance for a round here, and unfortunately, we're fully booked today." Christie says, "But I'm Linford Christie!" The man replies, "Alright, clever clogs - five

minutes down the road, now f**k off!"

Sandy Johnson, Poole

lcing on the cake!

A boy is walking with his mum when they spot a couple having sex. The boy asks what they're doing. She tells him,

"They're making cakes!"

The next day, they go to the zoo and spot two monkeys having sex. The little boy asks his mum

what they're doing. His mum tells him, "They're making cakes."

That evening the mum and dad have sex on the sofa, so the next morning the boy says to his mum, "Were you and dad making cakes yesterday?

The boy's mum says, "How did you know?"

The boy replies, "I just sat in the icing."

Dean Peters, Coventry



ow cut!

Timmy and Johnny are in a hospital ward when Timmy asks, "What are you in here for?"

Johnny says, "I'm getting my tonsils out. I'm quite nervous about it."

Timmy replies, "I've had mine out already. It doesn't hurt and you get ice cream afterwards!"

Johnny smiles and asks what he's in for this time. Timmy tells him, "I'm getting circumcised. I'm a bit nervous about it."

"That's awful," says Johnny, "I had that done when I was born and couldn't walk for a year!" Steve P, Manchester



Win a 32GB iPod Touch!

Send jokes to nutsjokes@ipcmedia.com or to the address on page 60. The sender of this week's best joke* will win a 32GB iPod Touch thanks to Scruffs! Check out their brilliant Man Badges at www.scruffs.com/manbadges.





dia.com or to the address on p60

Cop out!

A bloke is running late for work so driving too fast and is stopped by a traffic cop with a speed gun.

The policeman asks, "Is there any reason you're speeding, sir?"

The man replies, "I'm late for work."

"And what do you do for a living that requires you to drive so fast, sir?" enquires the constable.

"I'm an arse stretcher. I stretch arses until they're six-foot wide."

Puzzled, the cop asks, "What do you do with a six-foot arsehole?"

The man replies, "Stand it by the side of the road and give it a speed gun!" Paul Creasy,

Horley



A woman's having sex with a bloke when her husband comes home.

'Quick, get in the wardrobe," she orders.

The husband later opens the wardrobe and sees the naked man.

"Who are you?" he asks the naked man.

"I'm here from pest control to check for moths," replies the man.

The husband stares at him then asks, "Where are your clothes?"

"Those little f*"kers!" the naked man replies. Andy M, London

FAMOUS BLOKES'

JIMMY CARR

"I was a bit

nervous

stuttering

lines on 10

O'Clock Live

Speech was

such a hit I

but The King's

thought they'd

probably give

me a Bafta!

through

about

CHRIS ROCK "Oprah Winfrey is so rich, China owes her money!"

CHARLIE BROOKER

"The Tunisians have ousted president Zine al-Abidine Ben Ali. Which is hard to say without sounding like the Crazy Frog!"

DAVID MITCHELL

"Goldman Sachs announced £10billion bonuses for staff while cutting their charitable donations by a third. Why can't they keep their pay under control like more reputable firms such as Nike?"

TIM VINE

"I said to this Scottish bloke, 'I know everything there is to know about places in Scotland.' He said, 'Motherwell?' I said, 'A bit of arthritis but she's alright.'

KEVIN BRIDGES

"They've opened up an '80s bar in Belfast. Of all the cities you don't want to go to celebrate the '80s, Belfast is up there!" **JONATHAN ROS**

"At one point last year, I'd had enough - I wanted to be on my own. So I went and saw Ricky Gervais' film, Cemetery Junction!





KELLY 24, from Stoke
"A momentary boob-slip during dinner! Whoops!"



NATHALIE 29, from Hatfield
"Here I am, popping out on the snowy slopes!"



Email your pictures to nutspopout@ipcmedia.com



HEATHER 19, from Manchester
"This certainly opened a few eyes at my local gym!"

CAMERA RHONE COMERATION Win £100!

Seen something daft? Snap it, send it in and win £100!







Text 'Nuts' and your picture to 0771 388

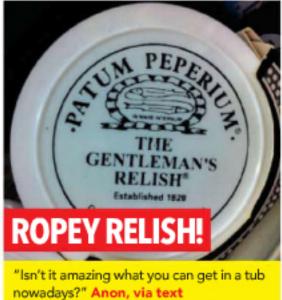
8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100





wouldn't do it – so we did!" Kevin Burrell and David

Robinson, via text



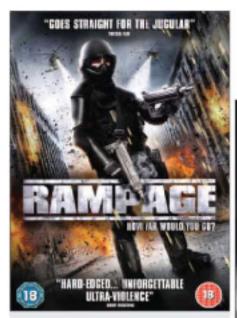




train tickets in India!" Curt, Birmingham



take me home



£8.99

DVD out 14 February

A man with a thirst for revenge builds a full bulletproof Kevlar suit and goes on a merciless killing spree in this visceral thriller



£9.99

DVD out 31 January

Featuring the lead stars of hit TV show True Blood, Stephen Moyer and Anna Paquin, Open House is an incredibly intense motion picture that isn't afraid to push the boundaries of horror cinema

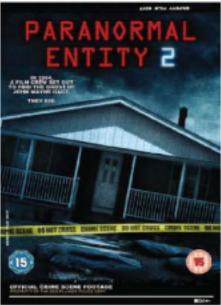


9.99

DVD out now

A slick action-packed heist movie awash in black magic, African mysticism, mutant arms dealers, gargantuan machete-wielding mercenary armies and a truckload of knuckle-sandwiches

also available on Blu-ray



£7.99

DVD out 21 February

On May 15, 2004 a group of paranormal investigators wired a house that was built on the same plot where John Wayne Gacy murdered and buried his victims. The outcome of the investigation was grisly, terrifying and disturbing









THE TRUTH ABOUT SEX WITH... LUCY PINDER

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



She caught

My missus walked in on me cheating on her, and walked straight back out - but she hasn't dumped me and hasn't mentioned it. Do you think she could be up for a threesome?

Phil, Grimsby

That's a very strange reaction on her part. One of you needs to bring it up and talk about it, because ignoring it can't be helpful! You should apologise for cheating on her and sort it out, because I reckon you're a long way from a threesome!

Nuts Babes' **SEX TIPS!**

No.37: "When you're out with your girl, whisper what you're going to do when you get home - it always works a treat!" Daisy Watts



It really stinks! I've just turned 17 and I've

noticed that my fireman is a bit whiffy, seemingly all the time. What can I do about it?

Oli, Newcastle

Hopefully, your personal hygiene is good, but if you're already a clean chap you should ask a doctor what's the matter. If you're embarrassed, have a quick look online then if you still can't find anything to help you, get professional advice.

Where to start

What's the most important part to focus on when it comes to foreplay with you girls?

Rich, Nottingham

Don't think about it too much and just go with the flow, but always start gently - if she wants it to be a bit rougher, she'll let you know! Just let it come naturally and you'll soon be able to tell if she's enjoying it or not.

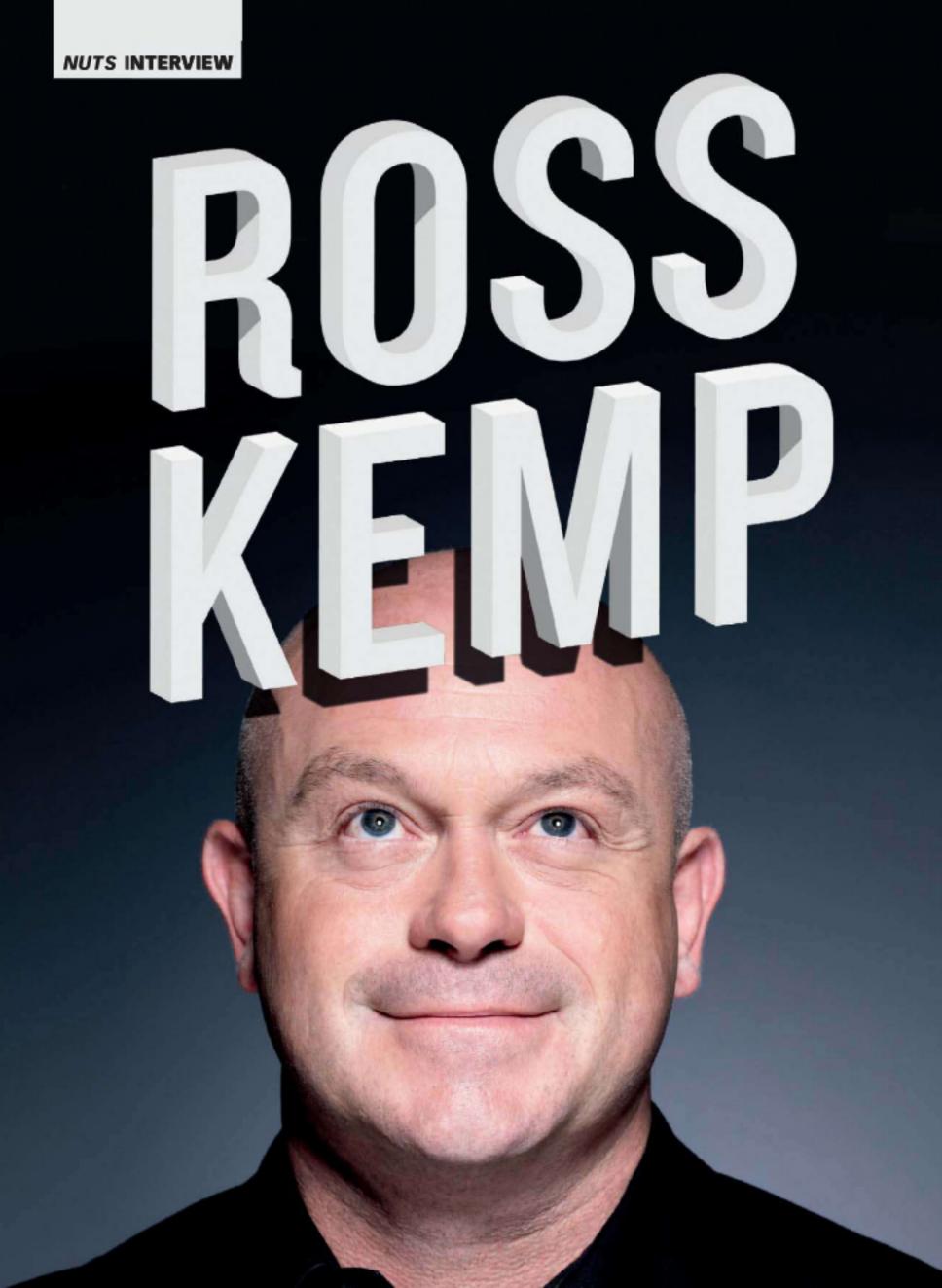
Ladies never call me back!

I can't get girls to call me back after we've had sex. How do I keep girls interested in me?

Gavin, London

If you're looking for a long-term relationship, a one-night stand isn't the best place to start. Next time you're out and you meet someone you like, try to get to know her first and arrange a few dates before taking her to the bedroom. Maybe you've got a reputation as a player, and that's why girls aren't calling back!





The telly hardman talks to *Nuts* about his new show, his Bafta award and dodging bullets!

Extreme World, is pretty full-on and sees you travelling to the world's most dangerous places where you meet some really nasty people... I want people to know that even though they're hard watches, they'll learn something by the end of each show if they stick with it and, hopefully, they'll feel their hour was well spent. You may end up watching through your fingers a couple of times and want to look away, but that's what's happening in the world. In the Mexico episode, a border guard warns you not to go to Juarez city, and that it's "worse than Afghanistan". Would you agree? I think 1,300 people were killed in Juarez last year. While we don't know how many people have been killed in Afghanistan, it's definitely not 1,300 Allied troops per year.

i Ross! Your new show,

Was it just you and your crew or was there any protection?
No, I've never had protection on any job we've ever done, and we wouldn't do either. It just entices trouble. So it's just me, my cameraman, the producer on the ground, our exec producer, the sound man and that's it.

Crikey! How do you get access to drug lords, criminals and the like? People know we're not out there to turn them over, that we're not out there to con them. They get to know us because we have the luxury – mainly because we have the money – to spend more time on the ground than a news crew would. We actually have time to spend getting to know them, getting to know their families, go out drinking with them, eating with them.

You speak to a drug baron in the Chicago episode, but what does someone like that get out of speaking to you? Nothing. He doesn't want any money, that's for sure – he's got enough

of that! It's interesting but I think a lot of people use it as a sort of cathartic thing. They know we're not going to give them to the authorities. If we did, they'd kill the people who helped us get to them. And that sounds really flippant when I say it but they literally would, and they'd torture them as well. Is it difficult to maintain your temper when you're talking to people you really don't like? It's not necessary for me to judge. The whole point about it is I wouldn't get anywhere with these people if I just got angry. If you want to find out about them and who they are, it's best to play soft cop rather than hard cop with them. I'll only get angry with them if they say things I deem to be provocative because they're trying to make themselves look tougher.

Do you worry about never coming back from these places? Of course, although it depends where you go. Afghanistan's one of those places that comes into on camera. They're all quite dangerous situations, because a chophouse can be taken down at any point. There are gangs called "takedown firms" and they specialise in taking down buildings like that. They'd go in there and beat everyone up or shoot them, then they'd just take

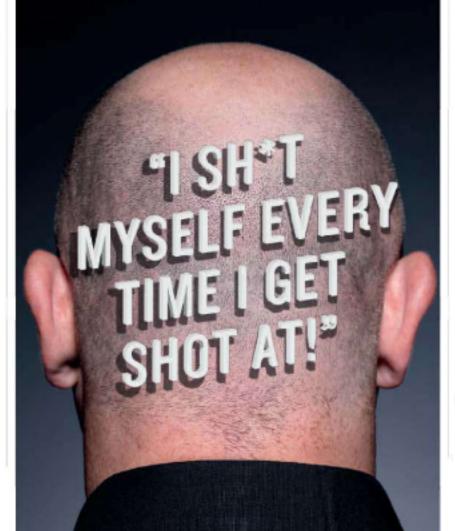
maybe Haiti. You never know when you're going to get ill if you don't wash your hands the right way. It seems like the havenots die in their droves whereas the haves seem to live forever. How do people you interview respond to the camera? Do they play up to it? I think there's a little bit of that, yeah. I mean, why do we get so many big interviews? We're not going to reveal their identities to the press or to the police. I think they get to know us over a long period of time, so I think it's time and the kind of people we are. If you live with them, getting shot at every day, they talk to you differently and they trust you. What's the most surreal thing that's happened to you while you've been filming? Well, we did get stopped by police as we were leaving the chophouse in Chicago [where pure heroin is mixed with other chemicals and wrapped to be sold on the street], but that's obviously not

on camera. They're all quite dangerous situations, because a chophouse can be taken down at any point. There are gangs called "takedown firms" and they specialise in taking down buildings like that. They'd go in there and beat everyone up or shoot them, then they'd just take all the gear and the money. And I was sitting in one of them! Are there any situations you've not felt comfortable going into? I don't think there's ever been a point where we haven't done what we planned to do or what we set out to do. And, like I said, we've never had security. We have people advise us before we go not to do certain things, but if a story starts leading you a certain way and you're on the ground, I'll toss a coin if two of us say no and two say yes. We've generally always said we'll go in, do this until X hour, and if we've not been heard from by a certain time, the British Embassy will be informed and they'll let our families know we may have been taken. Have you ever had to do anything illegal to gain the trust of a gang? Yeah,

anything illegal to gain
the trust of a gang? Yeah,
I've smoked marijuana with
some of them, and I had to do
this initiation with the Russians
where they set fire to you and
you shoot each other with highpowered BB guns. I got shot
across the finger. I've not had to
draw much blood.

Do you ever actually get scared while filming? Yeah, definitely. We're all scared - don't think otherwise. It'd be hard to find anyone who isn't. I sh*t myself every time I get shot at! Crikey! Thanks, Ross! Finally, you won a Bafta for your show Ross Kemp On Gangs. Where do you keep the award? Most of the awards are kept in the toilet but the Bafta sits on the mantelpiece! And then there are some that stay in the office as well. I'm very proud of the fact we got that Bafta. I think we're beginning to let people know we're here for the long haul!

Ross Kemp: Extreme World is on Sky 1 and Sky 1 HD from Monday 21 February at 9pm









MILLWALL vs WEST HAM UNITED

Memorable match: Due to their league positions, the only recent game was a 3-1 West Ham win in the 2009 Carling Cup.

Banter: These two teams always give each other a lively recent.

Banter: These two teams always give each other a lively reception when they play but perhaps the funniest thing about their rivalry was Green Street, the appalling 2005 Brit football hooligan flick starring Elijah Wood. And the sequel was, amazingly, even worse!

MAN CITY VS MAN UNITED

Memorable match: It's tough with so many to choose from, but United's 4-3 victory at Old Trafford in 2009, with Michael Owen bagging the winner seven minutes into "Fergie time", is our fave!

Banter: It's fair to say City's "Welcome To Manchester" billboards, starring Carlos Tevez after his move to United's neighbours, didn't go down particularly well in the red half of the city.



ARSENAL VS TOTTENHAM

Memorable match: In January 2008, Spurs humilated Arsenal 5-1 in the Carling Cup semi-final second leg (6-2 on aggregate). Chants: Arsenal fans to Everton (to When The Saints...): "You are the Spurs/You are the Spurs of Merseyside!"

Boo boys: Sol Campbell and William Gallas have both played for the two North London sides during their careers.



NEWCASTLE UNITED VS SUNDERLAND

Memorable match: Sunderland's 2-1 victory at St James' Park in August 1999 saw then-manager Ruud Gullit leave Toon hero Alan Shearer on the bench. Gullit resigned the next day.

Boo boys: Sunderland player Lee Clark was pictured with Newcastle fans in a T-shirt reading "Sad Mackem B*stards". Brave man! He was dropped and never played for the Black Cats again!































about your first Nuts shoot? Yeah! This is my first ever shoot! I'm a bit nervous, but I'm enjoying it! Where are you from? County Durham - I live not far from Newcastle. It's nice up there, and the people are friendly, too! Tell us about yourself. I studied drama at university, so I'm a bit of a drama queen! I am when I'm in relationships, too – I like a bit of a challenge! How can a guy keep you on your toes? Let me chase. I like a guy who plays hard to get! What's the last book you read? I'm just reading Katie Price's book - the second one. I really like Katie Price's modelling -I think she's done really well. You sound like Cheryl Cole. Do you like her? Definitely! She's a great representative of girls

PARTYTIM

for this year? My New Year's resolution was just to look out for myself and my friends! How do you find being around loads of hot, naked ladies? I feel really comfortable in my own skin. I quite enjoy being naked! I don't mind it at all! Loads of the girls think you've got great hair – what's your favourite part of one of the other girls? Hove Lacey's boobs. I like my own boobs, but Lacey's are just unbelievable! Have you ever caused an accident with your boobs? Not really, but I can balance a chocolate digestive on my boobs while I'm having a cup of tea! When was the last time you had a cheeky snog? With my ex-boyfriend, a few weeks back. I do like a regular snog, so I feel like I'm missing out!■

NUTS SPORT

ENJOYING A MIDFIELD TUSSLE, EVERY WEEK!

fow Arsena can beat Barca. With Nuts and Sky Sports king, Paul Merson!



GET IN THEIR FACE!

"I know this isn't the Arsenal way but Arsene Wenger has to sacrifice his principles and really get stuck in. If you let Barcelona play their lovely tippy-tappy football, they'll go through you like a hot knife through butter - game over! I'd squeeze the play, hunt in packs, push on and battle hard in midfield. Let them know they've been in a game!"



DO A JOB ON MESSI!

"A couple of seasons back, Chelsea did a proper job on Messi, and Arsenal have to try to do the same. Every week in La Liga, you see the opposition allow him space and also to come in on his favoured left side. I'd allocate someone to stay close to him for the full 90 minutes. Only problem is, you've still got Villa, Xavi and Iniesta to contend with!"



"The team and the fans have to accept that Barcelona are the best side in the world -Arsenal ain't exactly facing Wolves, are they? So there are going to be times when you can't play how you want. Everyone at the Emirates tends to be spoilt and expect champagne football - I'd welcome lager football if it meant a win!"



USE WALCOTT AS A SECRET WEAPON!

"No team, no matter who they are, like playing against pace. Theo Walcott finally looks to be fulfilling some of his early promise and there really is no better stage than here for him to show what he can do. If Arsenal can hit Barcelona on the counter, with Walcott providing a pacy outlet, they may get some joy."



GET THE BALL TO FABREGAS!

"Fabregas will be motivated, that's for sure. He'll be up against his old club and maybe even his new one! He's such a special player who can dictate the tempo of the game, it makes sense to get the ball to him as much as possible. Can he compete with Xavi and Iniesta? Maybe, if Arsenal set their stall out the right way!"



PROTECT THE BACK FOUR!

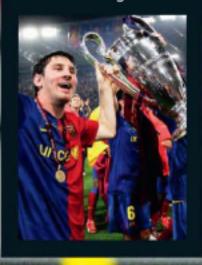
"I'm worried about Arsenal's back four. Sol Campbell aside, they haven't had a decent centre-half since the likes of Tony Adams and Martin Keown. Why Wenger didn't go out and spend £15m on someone like Bolton's Gary Cahill, I'll never know! I'd play a shielding midfielder in the centre of the park. Hopefully, Song will be fit to do the job."

BE POSITIVE!

"Although Barca absolutely battered Arsenal over two legs in the Champions League last year, people forget the Gunners scored twice in the first tie at the Emirates. That shows that you can get at Barcelona - sometimes, they have a soft centre. Trouble is, of course, if you open yourself up too much, they can smash four or five past you!"

verdict!

"Arsenal have half a chance if they approach the game the right way get stuck in, deny space and take the fight to Barca. However, if the Gunners play anything like their normal open game, I'd expect Barcelona to win by at least three goals over the two legs."



Arsenal vs Barca

16 Feb, 7.45pm, ITV1/HD



t may have only been a friendly against Denmark, but there were definitely some very encouraging signs for England as Fabio Capello attempts to put a bit of life into his squad. For me, the greenest shoots of recovery were sown by Arsenal's young Jack Wilshere, who was my man of the match by quite some

He can go on to be in the next five years or so. one of European football's greats!"

distance, despite only being on the field for the first 45 minutes.

We haven't seen a talent like his emerge in England since Wayne Rooney around eight years ago, and Wilshere shares quite a few traits with the Man United striker. He plays without fear, and with a wonderful lack of nerves that makes me believe he can go on to be one of European football's greats

At long last, we saw Fabio Capello move away from the rigid systems that blighted our World Cup campaign, and we

saw an injection of pace that's been sorely needed for a long time now. In many ways, I think the lack of interest from a disillusioned English public has taken some of the pressure off the national team's players, and they feel they can show what they can do out on the pitch, if only because nobody really expects anything special from the England side any more!

Ashley Young and Theo Walcott flew down the flanks, and Wayne Rooney linked up very well behind Darren Bent, who'll always get goals in the

penalty area, no matter who he comes up against. The key was handing some freedom to players who've been so used to having to stick to a tired and immovable system by Capello. Quite what's changed in the Italian's thinking, I'm not sure - other than perhaps he's run out of possibilities!

So while it was a match no one really wanted, least of all the Premier League managers, I thought it was a worthwhile exercise, if only to see Wilshere emerge as a real prospect, and also to see us win a game!



The Olympic stadium isn't home to Spurs

I never had any strong feelings as to who should be awarded the right to take over the Olympic stadium after the 2012 games, but I never thought it would have suited Tottenham to move there. It's only about five miles away from their current stadium, but in London traffic, that's about an hour's travelling! West Ham proposed keeping the running



track around the side of the pitch, which I'm not crazy about as I think it takes away from the atmosphere. Having said that, it might stop players getting sent off for running over to their fans after a goal – they'd be too tired by the time they got there!



Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed *Nuts* T-shirt!



WHICH ROCK IN ROLL BARNET IS BEST?



More rock 'n' roll haircuts courtesy of the Shockwaves NME Awards!

ast week, to celebrate the seventh year of Shockwaves sponsoring the infamous NME Awards, we teamed Nuts' scruffiest man with Shockwaves Style Director bloke Michael Douglas (er, not that Michael Douglas!) to investigate

just how Shockwaves can give you the rock star look. Well, guess, what? He's here again to discover just how Shockwaves can turn you into your favourite frontman. Want to impress your mates with a brand-new look? Need to woo a lady with a new quiff? Read on!



INSTRUCTIONS

1 While hair is damp, use Shockwaves Re-Create Styling Shaper Gel (RRP £2.99) to smooth hair into a big quiff. 2 Blow-dry hair and use a flat

brush to lift hair to add height.

3 Use more Shockwaves Re-Create Shaping Gel (RRP £2.99) to smooth hair into the largest quiff you can manage.

Optional extras:

Smart suit.

Nuts man says: "I hope blondes have more fun!"

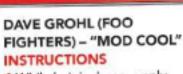
> Catch the Shockwaves NME Awards on Channei 4 on the evening of 26 February.

SHOCKWAVES

Shockwaves has a range of styling products for guys, allowing you to re-style your hair all day long, create any look and adapt your style, whatever the situation.

*Pricing is at sole discretion of the retailer.

Join www.facebook.com/ shockwavesuk for more style tips and a chance to win some free stuff!



1 While hair is damp, apply Shockwaves Lightweight Styling Gel (RRP £2.99).

2 Blow-dry at roots, using fingers to bring forward.

3 Pull hair forward with straightening tongs, then, using Shockwaves Re-Create Styling Wax (RRP £2.99), lift hair to create texture while keeping the sides flat.

Optional extras: Goatee beard, Cheesy American grin.

Nuts man says: "Cheeese!"







understand the reasons why

I chose to move and in a few

weeks, I might explain those

reasons. When they see what

they'll be happy with me.

I did in my time there, hopefully,

How did you leave things with Kenny Dalglish? I had a good

relationship. He's a legend at

a lot of hope back to the team.

Liverpool and he's brought

Torres: 'We can win the

When did you decide you wanted to leave? When I heard Chelsea had come in for me. that's when I decided. Some said you didn't look interested at Liverpool any more... I never lost my ambition it's just a lot of people giving their opinions. I'm sure I did the right things when I was playing and just trying to help Liverpool move forward. But I couldn't turn down the offer to play for Chelsea.

How well do you feel you're performing at the moment? I feel in the last month, I've been playing to my best, so I'm feeling really good at the moment. I'll have my best form between now and the end of the season, though. At least, I hope so! How do you think you'll fit into the team at Chelsea? I'm a big fan of both [Nicolas] Anelka and [Didier] Drogba and we were always worried about playing against them, so it's exciting to be playing alongside

"I've been playing to my best, so I'm feeling good"

them now. I'll play anywhere that will help the team. It doesn't matter if it's two or three up front when you've got the quality players that Chelsea have. I'm ready to fit in where the manager wants me.

Who's been showing you the ropes? John Terry and Frank Lampard have given me a very nice welcome. They've both offered me help and advice about settling in. About buying a house and stuff like that. In training, we're already talking about the next game. They know what I'm like as a player and I know what they're like as well, so we'll be fine on the pitch.

What's your target for this season now? The Champions League. I know Chelsea have great ambition when it comes to the Champions League - the aim is to win it and I'm the same as every other Chelsea player. I want to win it as well.

Thanks for the chat, Fernando. Finally, you've signed a fiveyear-deal. Will you see your career out with Chelsea? Who knows? I'll be 32 when my contract ends with Chelsea. I'm 26 now, so I don't really want to be talking about retirement! Maybe my body won't be strong enough to carry on when I'm 32!

"Hey, over here, Ste... er, I mean Frank!"

Nuts SPORT

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NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com







Not only is Thierry Henry Arsenal's highest-ever goalscorer, he also plays footy in New York and, in his spare time, hangs out with Dita Von Teese while she sits on his free sports car. Life just isn't fair!







MAN-LYVE CORNER!





Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

eal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

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HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

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hard to believe
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QUOTE ME ON THAT!

This week's biggest match debaters!

"I went to the cinema to see The King's Speech. When I came out and saw what had happened, I nearly had a stutter, too!" The transf

"That ten minutes after the goal wasn't our greatest hour"



"I wouldn't sign Coco the Clown"



"Robbie Keane's got three players in a

telephone box"

"Everyone wants a bag of carrots and we've got a few bags of carrot

"Van Persie will score a million goals this season" Really, Chris Kamara?



"I don't

myself

on the

back or

myself in

the face"

best not to.

punch

pat

"My cake fell flat because the recipe wasn't right in the middle" lick McCarthy does a



"I'm putting my arms up so much, I'm having to spend a lot on deodorant"

"Paul Scholes was my first kiss

'OO-ER SOUNDS A BIT RUDE' CORNER!

"I haven't been getting enough of it at Sunderland"

"I'm looking forward to a female in the middle and one either side"

loves a foursome

"Illegal helmet action can lead to disciplinary action"

Good warning from Charlotte Jackson.





Nuts REAL GIRLS



BEDRES

The Pic She Sent us!

JORDAN 24, Nottingham, student "A chat-up line that made me laugh was, 'You look tired -fancy coming to my bed for a lie down?" It was cheeky!"

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ONLY IN

Mercedes

compliments on!"

19, Liverpool, fund-raiser
"My eyes and my bum are
the features I get the most

Yulia

21, Russia, dancer
"The key to my heart is
the same as the key to my
dream car – an Audi Q7!"

Lynsey

25, Carlisle, student
"The wildest place I've
done rude things was on a
car bonnet on a rural road!"

Emma

19, Southend, sales rep "A chat-up line I liked was, 'You're a quality bird – like a free-range chicken!"



The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

ONLY IN REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 60. You must be at least 18 years old. THIS WEEK: Name: Joanne Age: 24 Boobs: 34DD "Works for me!" Likes: "Boys who are rough around the edges!" Ever kissed a girl? "No!" Strangest place you've had sex? 'In the sea!' Sex tip: "Take the rough with the

smooth!"

Joanne's sexy guide to Leeds

Nuts meets a Yorkshire hottie!

HELLO! Joanne on... her home!

"Living in Leeds is fantastic. There's a bit of everything nice cocktail bars, wine bars, shops and pubs. There's always something going on!"

Joanne on.. daydreaming!

"I'm a bit of a thinker but I don't normally hang out by the window spying on people! But I do go off into daydreams and fantasise about stuff!"



ET£20

Try our cool casino games!

uts man tried his hand at these top casino games and won loads of cash! Now it's your turn! Join today to claim our

special £20 Free Play* offer and you could be in the money!



PLAYABILITY: 9/10 PAY-OUT POTENTIAL: 8/10 CASH MADE: £9



PLAYABILITY: 10/10 PAY-OUT POTENTIAL: 6/10 CASH MADE: £25



PLAYABILITY: 9/10 PAY-OUT POTENTIAL: 7/10 CASH MADE: £108 PLAYABILITY: 7/10 PAY-OUT POTENTIAL: 7/10 CASH LOST: 80P



WEEN £20-£200 FREE PLAY* ON NUTS GAMES!

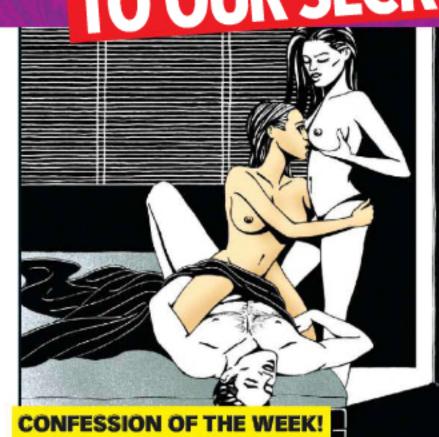
BINGO CASINO GAMES INSTANT WIN SCRATCH CARDS

*200% DEPOSIT BONUS UP TO £200 FOR NEW CASH MEMBERS ONLY, MINIMUM £10 DEPOSIT REQUIRED – 60 DEPOSIT £100 AND WE'LL ONE YOU AN EXTRA £200 FREE PLAY ON TOP, TO RECEIVE THIS OFFER, YOU MUST ACCEPT THE SIGN-UP BONUS WHEN REGISTERING, SUBJECT TO TERMS AND CONDITIONS OF THE OPERATOR, AVAILABLE AT <u>WWW.NLTSGAMES.CO.LK.</u> FOR 24-HOUR HELP AND SUPPORT, FREEPHIONE 0600 458 0770, OVER-183 ONLY, PLEASE PLAY RESPONSIBLY, WWW.GAMBLEAWARE.CO.LK.CLOSING DATE: 1 MARCH 2011

gambleaware.co.uk



IT'S LOU!



'Our flatmate joined in'

My boyfriend and I live in a shared flat with three other people and I've often fantasised about a three-way with a least one of them. One night, while we were having sex, I noticed our female flatmate sneaking a look through the door. I was shocked at first but it really turned me on to know she was watching – especially as I could see she was playing with herself. I decided to put on a bit of a show by talking dirty and tweaking my nipples. Then I called her in and soon I was going down on her. She was so wet for me that I started to grind down harder and harder on my boyfriend and within seconds, all three of us came in quick succession. It was amazing and I can't wait to do it again!

Becky, by email

'We did it on a garden table' About a month ago when it had

About a month ago when it had been snowing, my man and I spent a whole weekend enjoying ourselves on the slopes near our house. We acted like big kids, whizzing down and racing each other back up again. When we got back to our house, I'd started to get a little chilly, but my man wanted to go into the garden and build a snowman. I told him I was freezing but he cheekily replied that he knew how to get

my blood flowing. Then he pulled me towards him, swung me round and pushed his warm tongue against my mouth. He pulled up my top and my bra and started to lick my hard nipples. I wanted to tease him. so I undid his trousers to reveal his hard member and played with him for a while, licking his neck as I did so. It drove him crazy, so he wiped the snow off the top of our garden table and pushed me over it. He then took me from behind while I kept an eye out for the neighbours!

Jo, Basildon

'I had a vibrator in my knickers'

My husband bought me a bullet vibrator for Christmas, and we decided to try it out at dinner one evening recently. We were at our local Italian, and I had it placed in my knickers with my man in control of the remote. As he gave the waiter our order, I felt a sudden buzz between my legs but tried not to show any emotion, but then he kept starting and stopping it at intervals throughout the evening until I couldn't handle it any more! I had to subtly excuse myself so I could go and finish myself off in the toilet. My man knew what I was up to. so when he knocked on the door, I realised we had to be quick. When we returned to the table five minutes later, all the staff were wearing huge grins!

Rose, by email

'My neighbour watched me'

I was doing the washing-up in nothing but my silk dressing gown when my boyfriend surprised me in the kitchen. He came in, spun me round then lifted me up to the edge of the sink before kneeling down and kissing me between my thighs, working his way up to the top. I was moaning and writhing with desire but then his phone rang – it was his boss calling him out on an emergency plumbing job. He gave me a quick snog and off he went. Because I was still so excited, I was left to pleasure myself on the sofa, legs wide open and naked breasts wobbling back and forth. When I opened my eyes, I noticed my sexy neighbour at her window opposite staring at me intently. I gave a shy grin but didn't stop what I was doing. When the doorbell rang a few minutes later I went to answer it and she was standing on my doorstep. Needless to say, she was after more than a cup of sugar!

Leah, Swansea

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on page 60. The best one each week* wins £50! Come on, girls!

All of the denim

none of it dull!

0 best ieans

PRETTY GREEN £85 Clean-cut jeans from Liam Gallagher's fashion line.

NEXT

Bored of your dark denim? Grab these and lighten up.

ASOS £40

These slim-fit eans will look ace with a turn-up.

ALPINESTARS £60

WON HUNDRED A straight-up pair of quality jeans. Worth the pennies.

> Not too slim, not too straight. Great all-rounders.

RIVER ISLAND £50 You'll be seeing a lot more of these weird jogger-style jeans.

STOCKISTS: ALPINESTARS: WWW.ALPINESTARS.COM. DUFFER: WWW.JDSPORTS.CO.U.K. PRETTY GREEN: WWW.FRETTYGREEN.COM. WON HUNDRED: WWW.URBA





CARE £4

A swish of this unexpectedly nice tasting mouthwash twice a day will work wonders. Stockists: nationwide



NIVEA HYDRO CARE LIPBALM £2

No point having amazing breath and sparkling teeth if you've got scabby lips. Sort it! Stockists: boots.co.uk

PHILIPS SONICARE £25.50

You'll never look back after using this sonic toothbrush. And it's a knockdown price!

Stockists:

amazon.co.uk



right out. Stockists:



BOOTS EXPERT DENTAL FLOSSERS £3

Dig out that bit of popcorn or steak easy-peasy! Stockists:

amazon.co.uk



MARVEL VS CAPCOM 3: FATE OF TWO WORLDS



More frantic cartoon scrapping with loads of cool franchised characters – including Hulk, Deadpool and Resi Evil's Chris Redfield and Albert Wesker – rendered in brilliant technicolour. The game uses Resident Evil 5's "engine" for slick visual whizz-bangs, threeon-three gang-ups, and a simple mode for fighting – and beating – any noobs! ***



DEAD SPACE EXTRACTION



On-rails Wii shooter ports to the PS3, and shooting an ever-creepier army of mutants is still

as challenging and tiddle-causing as on the Wii. Move compatibility is a good, good thing. ★★★★

SURVEILLANT



As ever, a simple idea means fiendish gameplay. You traverse a level, avoiding the beady

eye of CCTV until you can reach the cam, unseen, and disable the nosy parker. If it sees you, expect to be toasted by a death ray. ***

APPS! For large to the second function of th

SELINE MUSIC INSTRUMENT PHONE, IPOD TOUCH, IPAD



Rubbish at making music? This'll help you create cool noises, even

if you're tone deaf! ★★★

MOBILE MOUSE PRO



Convert your iPhone or iPod Touch into a wireless remote for your

computer. Nifty! ★★★★

Every shirt and fleece Eisenberg wears in the film have been worn by the real Mark Zuckerberg

CHERORIMICMETOMORK



Brilliant drama about the rapid rise of Facebook founder, and the world's youngest billionaire, Mark Zuckerberg, With

Zombieland's Jessie Eisenberg

playing the nerdy boffin, a script from Aaron "West Wing" Sorkin and David "Fight Club" Fincher directing, this promised to be one of the films of last year – and it delivered! With loads of extras, this is a must-have whether you saw it at the flicks or not. ****

RED CERT 12 DVD & BLU-RAY



Expendables-esque action romp starring Bruce Willis as a retired CIA bloke who reunites his team for one last mission. Hugely

entertaining manly stuff! ★★★★

30 ROCK: SEASON 4



The corking US comedy about life behind the scenes of a fictional live comedy series continues. The hilarious Tina Fey

and Alec Baldwin star. ★★★★

BURIED CERT 15 DVD & BLU-RAY



Brilliantly taut thriller as Ryan Reynolds plays a truck driver kidnapped in Iraq who wakes up to find he's been

buried alive inside a coffin. ***

NUSIC!



GRUFF RHYS HOTEL SHAMPOO



A third solo album from the main bloke out of the Super Furry Animals,

and it's yet more whimsical, peculiar melodic poppery with a slight whiff of hip-hop. ★★★

VARIOUS ARTISTS MINISTRY OF SOUND: CHILLED



Everyone likes to relax, and these 40 dance tunes from the likes of Zero 7

and Tensnake will soothe your worries in no time. ★★★★

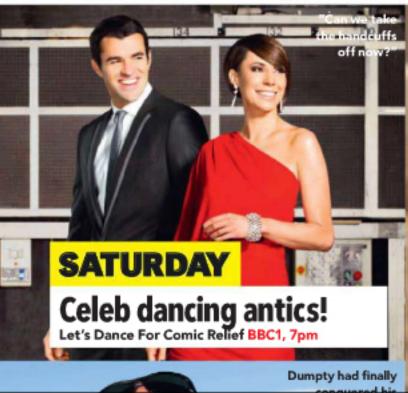




NUTST

Action, comedy and dancing, all in one place!

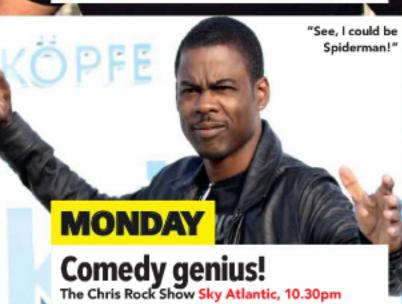
Nuts! 7-DAY TV LISTINGS GUIDE!



"Right, so it's definitely not fancy dress?"

выхода из полноэкранного режима нажмите клавишу







FRIDAY 18 FEBRUARY



Clash Of The Titans

Sky Movies Premiere/HD, 8pm
An all-action CGI-fest about
Greek gods and mythical creatures, with an ace cast led by Sam "Avatar" Worthington.
It's a right old blockbuster romp. ***



True Blood FX/HD, 10pm

This is an unmissable episode!
King Russell kidnaps Sookie,
and Bill can't do a thing about it. Meanwhile,
Tara comes up with a cunning plan to get rid
of Franklyn. Kill him! Again!



TODAY'S

MUST-SEE

The Ruins BBC1, 11.30pm

Serviceable horror nonsense about a group of students who head into the jungle in Mexico and start getting attacked by murderous flesh-eating vines. Yep, it's that old chestnut! ***

one

6.00am Breakfast 9.15 Wanted Down Under (R) 10.00 Homes Under the Hammer (R) 11.00 Save My Holiday 11.45 Cash in the Artic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am (Beebies 7.00 CBBC 8.30 (Beebies 11.35 Ready Steady Cook 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Cash in the Celebrity Attic (R) 3.45 Flogit! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads 6.30 One Man and His Campervan

itv

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 Jeremy Kyle: Morning Surgery 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Didkinson's Real Deal (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News



7.35am Everybody Loves Raymond (R) 8.00 Frasier (R) 8.25 According to Jim (R) 8.55 Undercover Boss USA(R) 9.55 The Good Wife (R) 10.55 Gok's Clothes Roadshow (R) 12.00noon Channel 4 News Summary 12.05pm IDED Breakfast at Tiffary's 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal: Love Week 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wiright Stuff 11.00 The Vanessa Show 11.45 CSt: Crime Scene Investigation (R) 12.40pm Five News 12.45 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 The Family Recipe (R) 2.55 Rough Guide to Cities (R) 3.10 EEE A Time to Remember: Melodisama starring Dana Delany: 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 **The One Show** Topical stories, with Chris Evans.

7.30 A Question of Sport With rugby bloke Jonathan Davies, and footy boss Chris Coleman. (R)

8.00 EastEnders More smog-based misery.

8.30 QI

The show that makes complicated stuff really fun. (R)

9.00 **Hustle** The gang help a former hustler.

10.00 News, Weather

10.35 The Graham Norton Show With Ashton Kutcher, Heston

Blumenthal and Greg Davies.

11.20 The National

Lottery Friday Night Draws Ball-pluding antics.

11.30 The Ruins

Malone and Shawn Ashmore. While on a Mesican holiday, a group of students take a trip to see some Mayan ruins and come under attack by killer vines. It's pretty creepy.

7.00 Churches: How to Read Them

Remote controls: how to use them.

7.30 **An Island Parish** The holiday season begins. Huh? They get tourists to visit this place?

8.00 Mastermind
With specialist subjects inducing
British freshwater fish, Zzzzz,

8.30 Britain from Above Not one to watch If you suffer from

9.00 Can't Take

vertiga. Or have a life. (R)

What people want to do with their dough once they die.

10.00 Fast and Loose Featuring Ruth Bratt, Justin Edwards and Pippa Evens.

10.30 Newsnight

11.00 The Review Show

11.50 Sugar

from the Dominican Republic struggles to adjust to his new life when he's recruited into the US baseball minor leagues in lows. 7.00 Emmerdale Egg-laying rubbish.

7.30 Coronation Street Simon is heartbroken as Leanne prepares to leave. Man up, Simon!

8.00 Children's Hospital An eightyear-old meets some of the Man City players.

 30 Coronation Street Pigeon-breeding piffle.

9.00 Comedy Rocks with Jason Manford

With Dame Edna Everage, Jason Byrne, Chris Ramsey and Axis of Awesome. Bit of a mixed bag then

10.00 ITV News, Weather

10.35 **The Cube** Game show presented by Phillip Schofield and his grey hair. (R)

11.35 **Take Me Out** A care worker, a student, a publisher

and a sales director take part. (R)

12.45am The Zone

7.00 News

7.25 4thought.tv

7.30 Made in England An insight into one of the last remaining dothing factories in Salford. Sounds too much like

a real-life Coronation Street to us.

8.00 Relocation: Phil Down Under Properties in Sydney, Rippert

9.00 Embarrassing Bodies

Dr Christian discusses droumdision with a life-drawing class. Avert your eyes – quickly!

10.00 The Million Pound Drop Live Outs show with Davina McCall.

11.20 **10 O'Clock Live**Topical laughs with David Mitchell,
Jimmy Carr, Charlie Brooker and
Lauren Laverne. (R)

12.20am Music on 4: Mercury Prize Sessions Agig by Band of Skulls. Ace!

12.40 Countdown to the NME Awards 2011

12.55 CTRL MX(R)

7.30 Vets in Action

7.00 Five News at 7

Katie comes to the aid of two 48-hour-old kittens. Azahi (R)

8.00 Ice Road Truckers Trucks on ice? What could possibly

Trucks on ice? What could possibl go wrong with an idea like that?

9.00 The Mentalist

A hypnotist forces his victims to commit arimes. Wrang 'un. [R]

10.00 Law & Order An eight-year-old is killed in a building explosion.

10.55 NCIS The team delve into Van

The team delve into Vance's troubled past. (R)

11.55 Cops in Crisis Plodin peril. (R)

12.15am SuperCasino

Homer becomes a vigilante. (R)
7.30 The Middle:
Access All Areas
The making of the hit American
comedy. (R)(HD)

7.00pm The Simpsons

8.00 Futurama Hutch takes Fry to an abandoned covern. (R)

8.30 Futurama

Aliens threaten to destroy Earth unless they're allowed to see the finale of a TV show. If it's Boardwolk Empire, we can fully understand why. (R)

9.00 The Simpsons Mr Burns is sent to prison. (HD)

 9.30 The Simpsons Homer rejects Bart's plea for a baby brother. (HD)

10.00 Louie Spence's Showbusiness Go away! (RXHD)

11.00 Got to Dance And this. (R)(HD)

12.30am **Road Wars** Ruckson the road. (R)

SPORT

Bam Golf, Sky Sports 1. 7 pm Gloucester vs London Hish, ESPN, 7.30 pm Rugby League, Sky Sports 1. 7.30 pm Port Vale vs Bradford, Sky Sports 2. 12m*t NBA Basketball, ESPN. 2am NBA Basketball, ESPN.

1.00am Sign Zone: Horizon: Science Under Attack (R) 2.00 Posh and Posher (R) 3.00 Climbing Great Buildings (R) 3.30 Save My Holiday (R) 4.15-6.00am BBC News 1.35am (TEV) The Darmed: Sci (II chiller starring Macdonald Carey.
3.10-4.15am BBC News

2.45 October Road: Drama. (R) 3.30-5.30am (TV Nightscreen 1.20 My Name Is Earl (R) 1.45 My Name Is Earl (R) 2.05 Modern Toss (R) 2.30 Love Tube (R) 2.35 Fuel (R) 2.40 What's Fufu? 2.45-4.40am 3.55 Seatt Motorsport Mundial 4.20 Royal Navy Caribbean Patrol (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor (R)

downmagaz.com

Nuts

19 FEBRUARY SATURDAY



Let's Dance For Comic Relief BBC1, 7pm

REALITY The celeb show returns, with Ed Byrne, Russell Kane and

Katie Price among the contestants. ★★★



Boardwalk Empire

DRAMA Sky Atlantic, 9pm A cracking episode which takes a look at Nucky and his relationship with his brother.

Also, Margaret - Nucky's lady - reports the bootlegging booze to Van Alden. ****



Best Of Live At The Apollo BBC1, 10.20pm The best moments from series four- and it reads

like a Who's Who of Nuts legends! ★★★★

one

6am Breakfast 10.00 Saturday Kitchen Live 11.30 Baking Made Easy (R) 12.00noon BBC News, Regional News, Weather 12.15pm Football Focus 1.00 Athletics: The UK Indoor Grand Prix from Birmingham, 4,30 [SSSII] Final Score 5.10 BBC News, Regional News, Weather 5.30 Outtake TV 6.00 All NewTotal Wipcout

TWO

6am CBeebies 7.00 CBBC 12.00noon W 4 for Texas: Comedy Western starring Frank Sinatra and Dean Martin: 1.55pm Into the West (R) 3.25 Verdi - The Director's Cut 4.25 Verdi's Othello

5.30am ITV News 6.00 CITV 9.25 Caronation Street 11.45 This Morning: Saturday 12.50pm Monk 1.50 ITV News, Weather 2.00 You've Been Framed! [R] 2.30 ELV Space Jam: Cornedy: 4.05 Regional News, Weather 4.20 ITV News 4.35 FA Cup Football: The fifth round match between Man United and Crawley Town at Old Trafford, kick-off 5.15pm. There can't possibly be a shock here, can there?

6.10am The Hoobs (R) 6.35 2003 Athletics 7.55 EXXII The Marning Line 8.55 T4: Friends (R) 9.30 The Wanted: Stars and Strikes 10.30 Glee 11.35 | Am Number Four: T4 Movie Special 12.10pm 4Music Favourites: Taio Cruz 12,40 The Big. Bang Theory (R) 1.45 (Channel 4 Rading: From Ascot and Haydock Park: 4.00 The Secret Supper Club 4.35 Come Dine with Me (R) 6.35 The Political Slot 6.40 News



6am Milkshake! 10.00 The Family Redpe (R) 10.05 WWW UEFA Europa League Highlights 11.10 How Do They Do It?(R) 11.40 The Gadget Show(R) 12.40pm Building the SuperTower: Megastructures (R) 1.40 ice Road Truckers (R) 2.40 The Age of Innocence: Romantic period drama-staving Daniel Day-Lewis 5.20 Medicine Man: Romantic adventure staving Sean Connery and Lonzine Bracco.

7pm The Simpsons Homer's mum asks for help. (R)

7.30 The Simpsons MrT stars. We pity the fool who misses this etc. (R)

8.00 Futurama Hutch takes Fry to an abandoned cavern.(R)

8.30 Futurama Fry enrols at Mars Uni. (R)

7.00 Let's Dance for Comic Relief

MISSESS Celebrity dance competition hosted by Alex Jones and Steve Jones. And Indiana Jones. Actually, we made that last one up.

8.20 The National Lottery: Secret Fortune

High-tension quiz show. Oh, who cares? Just do the draw!

9.10 Casualty

Warren wakes from his coma and confronts Adam about his affair with Kirsty. Chill out, mate-you'll give yourself a heart attack

10.00 News, Weather

10.20 Live at the Apollo

WISS ZHIE Ace highlights, featuring Michael McIntyre and Al Munay. (R)

11.20 John Bishop's Britain

Entertainment show hosted by the Jamie Carragher lookalike. [R]

11.50 The Football League Show

Mighlights from today's fixtures in the Championship, League One and League Two, induding Leeds vs Nanwich.

7.00 Dad's Army

face the prospect of drowning. Don't panic! Oh, actually - do! (R)

7.30 The Unknown Hancock

Tribute to comic actor Tony Hancock. Ask your parents. (R)

9.00 Faulks on Fiction Posh English novels

10.00 The Tudors Drama about lardy king, Henry VIII.

10.50 Nurse Jackie Dark medical comedy. Not bad!

11.20 Fast and Loose

Featuring Ruth Bratt, Justin Edwards and Pippa Evans. (R)

11.50 ICC Cricket World Cup Highlights Ball-knocking with the first match of the tournament, between

India and Bangladesh.

12.50-2.40am Water A child widow is sent to a segregated community in India in the '30s, where she meets a defiant hottie determined to break free.

7.15 Harry Hill's TV Burp

The whole platoon are trapped and

7.45 Ant & Dec's Push the Button Two families compete for a large

cash prize while the cheeky Geordie scamps look on.

9.00 Take Me Out

Small-screen hilarity.

A dance instructor, a graphic designer and a fire-breather put their heads over the parapet.

10.15 Benidorm

The Oracle tells his mum he's leaving home.(R)

11.15 ITV News, Weather

11.30 FA Cup Highlights

Action from today's fifth round kickabouts, including the Man United and Crawley. We redon romance will have been in short supply with this one, to be honest.

12.30am The Zone

7.05 4thought.tv

7.10 X-Men

The human race is defended from a superhuman terrorist group by a force of mutant heroes. You already knew this, obviously. And you also know it's absolutely ace!

9.10 The Million Pound Drop Live

Quiz show presented by Davina McCall. It's the last one, too. Good!

10.30 Babylon A.D

Post-apocalyptic sci-fi thriller, starring Vin Diesel and Gérard Depardieu. Amercenary undertakes a dangerous mission to smuggle a young woman from Kazakhstan to New York, Wander if he bumps into Borat along the way?

12.15am Monster

Cheery, post-pub Saturday night fare with a fact-based drama taking a look at the background and events that motivated Aileen Wuornos to commit serial murder.

7.10 Five News

7.15 NCIS

A sailor's body is discovered in a disused restaurant. (R)

8.00 NCIS

A terrorist threatens to unleash a chemical attack. (R)

9.00 CSI: Miami

More death, as a model is electrocuted at a fashion show. (R)

10.00 CSI: NY

The team try to stop a sniper who's

shooting random people in the city.

11.00 CSI: Crime Scene Investigation

A teenager is murdered in a casino penthouse. Thanks for all that, Channel 5-you've cheered us up no end tonight! (R)

12.00m't SuperCasino

4am Cowboy Builders (R) 4.50 Meals in Moments (R) 5.00 Hana's Helpline (R) 5.10 The Milkshake! Show(R) 5.35 Thomas & Friends (R)

9.00 Ali G Indahouse

Staines youth Ali Ggets elected to Parliament thanks to the machinations of a scheming politician. (HD)

10.40 Road Wars

Officers question a man wearing two sets of dothing. Clearly a trend-setter. Everyane'll be doing it soon. (R)

11.40 Road Wars

Two officers are called to a pub brawl.(R)(HD)

12.40am Backwoods Thriller starring Ryan

Merriman. (HD)

Sports 1, 11,30am Chelseavs verton, ESPN. 2.45pm Bath v. Northampton, ESPN, 4,35pm Man United vs Crawley, ITV1. 5pm icester vs Wasps, Sky Sports 1. 5.30pm Bundesliga, ESPN.

SUNDAY'S SPORT

Celticus Rangers, Sky Sports 1. 1.30pm. Man City vs Notts County, ITV1, 2.30pm StMinen vs Hibs, Sky Sports 1. 3.30pm Leyton Orientys Arsenal, ESPN. 6pm Spanish Football, Sky Sports 1.

1.15-6am BBC News

2.35 Swingtown: US drama. (R) 3.20-5.30am (TV Nightscreen

Watermelon Love 2.25 How to Cope with Death 2.30 Brothers & Sisters 3.20 Privileged 4.50 Perfect Recall 5.15-6am Countdown

2.15 Night Windows 2.20 5.45-6am Roary the Racing Car(R)

SUNDAY 20 FEBRUARY



Top Gear BBC2, 8pm

CARS The trio set out to beat the road chaos caused by the snow with

the use of a combine harvester, while Jezza has a spin in both the new Audi RS5 and the latest BMW M3. Lucky swine! ****



Hawaii Five-0 Sky1/HD, 9pm

DRAMA Ah, the joys of Hawaii! Sun, sand, sea and criminals in top

cheesy style. And tonight's big-bad comes in the form of Walton Dawkins, an escaped convict who takes a couple hostage. ★★★



TODAY'S

Being Human BBC3, 9pm

Tonight, Herrick - the evil vampire leader torn to shreds

by werewolf George in series one - turns up alive and well (ish!) in the hospital psychiatric ward. Not good news for anyone! $\star\star\star\star$

one

6am Breakfast 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00noon The Politics Show 1pm EastEnders 2.55 My Family (R) 3.25 My Family (R) 3.55 Escape to the Country (R) 4.55 Lifeline 5.05 Songs of Praise 5.40 BBC News, Regional News, Weather 6.00 Shella Hancock Brushes Up: The Art of Watercolours

TWO

6am (Beebies 7.00 CBBC 10.00 Something for the Weekend 11.30 Film 2011 with Claudia Winkleman (R) 12.00noon Monk 12.45pm Diagnosis Murder(R) 1.30 Cyding: The Track World Cup, held at Manchester Velodrome, 5.15 Ski Sunday 6.00 Madagascar (R)

5.30am ITV News 6.00 CITV 9.25 FA Cup Highlights (R) 10.25 The Biggest Loser (R) 11.25 ITV News, Weather 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.30 FA Cup Football: Men City vs Notts County et Eastlands, kick-aff 2pm. 4.10 Midsomer Murders (R) 5.40 Regional News, Weather 5.50 ITV News 6.05 Harry Hill's TV Burp (R) 6.35 Dancing on Ice

6am The Treade People (R) 6.10 The Hoobs(R)7.00 FISWorld Snowboarding Championships 7.25 In Paralympic Show (R) 7.55 T4: 4Music Favourites: Alexis Jordan 8.20 Friends (R) 9.15 Hollyoaks 11.50 Glee (R) 12.50pm The Simpsons (R) 1.55 Jamie's 30 Minute Meals (R) 4.25 Deal or No Deal: Love Week 5.30 Time Team 6.30 News 6.55 4thought.tv



6am Milkshake! 10.00 Rough Guide to Eco Escapes (R) 10.15 Starlight: For the Children (R) 10.45 Street Market Chefs (R) 11.15 Stansted: The Inside Story (R) 12.15pm Cowboy Builders (R) 1.15 Jane Doe: The Harder They Fall 3.05 Five News 3.10 Ext Starman: Sci-6 fantasy starring Jeff Bridges and Karen Allen. 5.15 ELL Supermarc Sci-fi adventure staning Christopher Reeve and Margot Kidder.



7.30pm The Simpsons Krustyfallsfor his new sidekidk Princess Penelope. (R)(HD)

8.00 The Simpsons Lisa investigates her ancestry for an assignment. (R)(HD)-

8.30 The Simpsons Marge and Homer relive a bad patch in the '90s. (R)(HD)

9.00 Hawaii Five-0

IIII The teamgo on the trail of a criminal who's escaped from an island prison. (HD)

10.00 NCIS:

Los Angeles A body containing a top-secret residue is stolen. (HD)

11.00 House

Brilliant medical drama. The team try to find the cause of strange symptoms suffered by a military trainee. (R)(HD)

12.00m/t Martina Cole: Girls in Gangs London

How the rale of young women in the London's gangs compares with their counterparts in LA. (R)(HD)

7.00 Countryfile

Adam Henson helps a farmer having trouble with her rare-breed sheep. Unmissable!

8.00 Antiques Roadshow

Tat such as broken china and porcelain dogs in suits are valued.

9.00 South Riding

A Yorkshirewoman takes charge of a struggling girls' school but her ambitious plans put her at loggerheads with a local landowner. Sounds just up our street, this one!

10.00 News, Weather

10.25 OI

With David Mitchell, Rob Brydon, Dara O'Briain and Alan Davies. (R)

10.55 Match of the Day 2

Highlightsfrom the Black Country derby between West Bram and Wolves at the Hawthoms

11.25 Reggie Perrin Comedy starring Martin Clunes. (R)

11.55 Lead Balloon Re-runs of the oringey but funny Jack Dee comedy. Rick appears on

a daytime quiz show. (R)

12.25am Lead Balloon Rick becomes a local hero. (R)

1.00 Sign Zone: Faulks on Fiction (R) 2.00 Halby City (R) 3.00 Shooting the Hollywood Stars (R) 4.00 Climbing Great Buildings (R) 4,30-6am BBC News

7.00 Graham Hill -Driven

Docu about the former motor rading star and deceased dad of Damon.

8.00 Top Gear

Hall Big-haired car-botherer Clarkson tests the Audi RSS and the BMW M3. We leve that beamer!

9.00 Toughest Place to Be a Bus Driver

This show might possibly only be of interest to bus drivers. Just a hunds.

10.00 The Prestige

Period thriller starring Hugh Jackman and Christian Bale set in 1890s London, about two rival stage magicians seeking one-upmanship on the other. Christopher "Inception" Batman" Nolan directs.

12.05am ICC Cricket World Cup Highlights

The day's ball-smadking action between Kenya and New Zealand and Sri Lanka vs renowned cricket fanatics, er, Canada?

8.30 Wild at Heart

Danny and Alice are divided when they're asked for help in relocating a pack of hyenas. Just laugh it off and get on with it. We'll get our coats.

9.30 Dancing on Ice: The Skate Off

More sequins, skating and squabbling. No, thanks.

10.00 That Sunday Night Show

Lord Sugar, Janet Street-Porter and Russell Kanejoin Adrian Chiles. This edition might actually be worth watching! We said "might".

10.30 ITV News, Weather

10.45 FA Cup Highlights

Action from today's encounters, including the fourthround replay between Man City and Notts County, and Orienty's Arsenal in the fifth-round.

11.45 Comedy Rocks with Jason Manford

With Dame Edna Everage (let's not forget, that's an old bloke dressed as woman) and Jason Byrne. (R)

12.45am Premiership Rugby Union

Recent egg-labbing action, including Leicester Tigers vs Wasps, Bath vs Northampton and Saracens vs Leeds Carnegie.

7.00 Come Dine with Me

More totally unsuitable people get together for dinner parties.

8.00 The People's Supermarket

The store is struggling to stay affoat three months after its launch, Drat.

9.00 The Promise

Erin is determined to discover what happened to Len and Mohammed.

10.45 Alan Carr: Chatty Man

The host is joined by actor Samuel L Jackson and Lee Mack. Cool! (R)

11.50 As Good As It Gets

Weird-but-ace comedy starring Jack Nicholson as a neurotic novelist with OCD who gradually rediscovers his humanity through a neighbour and waitress. With Helen Hunt.

8.00 Royal Navy Caribbean Patrol

The HMS Manchesterreceive intelligence about a cargo ship that's allegedly carrying one and a half tons of cocaine. Follow that ship! (R)

9.00 Ghost Rider

Bad comic book flick starring Nicolas Cage as a motorcy de stuntman who sells his soul to the Devil and becomes a vigilante skeleton. It's rubbish!

11.10 Christine

musi Homan movie about a demonic car which exerts a sinisterinfluence an its young awner. This is pretty poor, too



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1.05 BBC News 4.30-5am The Super League Show

1.30 The Zone 2.00 The Species: The Awakening: Sci & chiller sequel starring Helena Mattsson. 3.40-5.30am ITV Nightscreen

2.15am The Family (R) 3.10 Wedding House (R) 4.05 Brothers & Sisters (R) 4.55 Perfect Recall (R) 5.20-6.05am Countdown (R)

1.15am Super Casino 4.00 FBI Files 4.50-5.00am Meals

in Moments

Nuts

21 FEBRUARY MONDAY



Ross Kemp: Extreme World Sky 1/HD, 9pm

More tales of the unexpected from Ross. Tonight he's looking into Chicago's heroin problem. ****



The Exorcism Of Emily Rose Channel 5, 10pm

Chilling flick about a price charged with homicide when a girl Chilling flick about a priest who's he's attempting to exorcise kicks it. ****



The Chris Rock Show

Sky Atlantic, 10.30pm

CHAT Chris Rock does his viciously funny, taboo-busting stand-up and chats to celebrity guests in this classic award-winning series from 1997. ★★★

one

6am Breakfast 9.15 NW Heir Hunters 10.00 Homes Under the Hammer(%) 11.00 Wredk or Ready? 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am (Beebies 7.00 (BBC 8.30 (Beebies 11.40 When Zachary Beaver Came to Town: Children's drama staning Jonathan Lipnicki. 1pm Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Rog It!(R)4.30 Perfection 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 My Life in Books

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Marring 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 Dickinson's Real Deal (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6.05am The Treade People (R) 6.15 The Hoobs (R) 7.05 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA (R) 10.00 The Good Wife (R) 10.55 Relocation (R) 12.00noon News 12.05pm The TV Book Club 12.35 The Gunfighter 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Beaches (R) 3.05 Blessed Stranger: After Flight 111: Drama staming Kate Nelligan. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 The One Show

Alex Jones talks topical. 7.30 Inside Out Regional nonsense.

8.00 EastEnders

Zainab is horrified to find out who's staying at the B&B. Is it Ken Barlow?

8.30 How to Blow a Fortune: Panorama The state of the Irish economy. Pretty rubbish, apparently.

9.00 Outcasts

Cass and Fleur meet a stranger. Don't talk to strangers, kids.

10.00 News, Weather

10.35 Mrs Brown's Boys

Cornedy starring Brendan O'Carroll as a mum-of-six who constantly interferes in her children's lives. Something tells us this isn't really going to be for us.

11.05 Late Kick Off

Around-up of the weekend's Football League kickabouts.

11.35 The Graham Norton Show

With Ashton Kutcher. (R)

12.20am The Apprentice USA

Hiring and firing, US-style!

1.05 The Apprentice USA 1.55 Sign Zone: Ancient Worlds (R) 2.55 Supermarkets - Are We Being Served?(R) 3.55 Save My Holiday (R) 4,40-6am BBC News

7.00 Escape to the Country

Or Sky1...(R)

8.00 University Challenge

Peterhouse Cambridge takes on Queen's College, Cambridge. Blimey-it's a local derby!

8.30 Raymond Blanc: Kitchen Secrets

Chef Raymond Blancshares recipes for cooks of all abilities. All abilities, eh? Will he teach us how to use a fin-opener then?

9.00 When Teenage Meets Old Age

Four young people volunteer as carers in a retirement village.

10.00 Episodes Beverly returns to her husband.

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights

Willow-waving with Australia vs Zimbabwe in Ahmedabad, India.

12.20am An Island Parish Antics in the middle of nowhere.

12.50 BBC News

7.00 Emmerdale

Nicolareports Jimmy's disappearance. We reckon the goats have kidnapped him.

7.30 Coronation Street

Ken checks into a B&B in some place called Walford. Possibly.

8.00 The Lakes

Andrew Mottram goes in search of the rare pine marten. The maverick.

8.30 Coronation Street Steve wins big at the casino. That'll

keep him in hotpots for a while. 9.00 The Biggest Loser The contestants head to Cyprus to

take part in a triathlon. Yikes! 10.00 ITV News, Weather

10.35 New Homes from Hell 2009

2009? Finger on the pulse, ITV1! (R)

11.35 That Sunday Night Show

With Alan Sugar, Janet Street-Porter and Russell Kane. (R)

12.05am Grimefighters A new recruit faces a house of honor in Leicester. (R)

12.30 The Zone

7.00 News

7.55 4thought.tv

8.00 Dispatches: The Truth About **Hospital Food**

Areport on the quality of NHS meals. We're guessing they're about as appetising as the stuff Marge serves up in The Simpsons.

9.00 One Born **Every Minute**

10.00 Alan Carr:

Hottie alert - stars of The Only Way

Is Essex are among the guests!

11.05 Shine a Light

about the Rolling Stones.

PERMITTE Scorsese's music docu

Chatty Man

A teen and an older mum approach childbirth in very different ways. Eh? Does one decide to give birth on a rollercoaster or something?

7.00 Five News at 7

7.30 How Do They Do It? Robert Llewellyn learns how Nasa

operates its large satellites. We're assuming a massive red button.

8.00 The Gadget Show Predictions for this the year's most sought-after technological toys.

9.00 Royal Navy Caribbean Patrol Morale on HMS Manchester takes a

dive. Well, at least the ship hasn't

10.00 The Exercism of Emily Rose

MISTER Allowyer defends a priest charged with mandaughter after an attempted exordsm of a student has fatal correspondences.

12.25am Forensic Files

Investigators look into the killing of

a man in his Minnesota home. (R)

9:00 Ross Kemp Extreme World TOTAL The actor visits some

7pm The Simpsons

Bart breaks Lisa's saeophone

7.30 The Simpsons

performing arts camp. (R)(HD)

A criminal speeds through the

grounds of a hospital. (R)(HD)

Lisa gets all creative at a

8.00 Road Wars

during a squabble. (R)

of the most dangerous places on Earth.(HD)

10.00 Inside: Teen Lockdown

Indiana's Juvenile Maximum Security Correctional Facility. It's hardly a holiday camp...(R)

11.00 Mental

Jack uncovers a dark secret about a suicidal teenager. (HD)

12.00m/t Lie to Me

A rapist terrorises women in Washington, DC. (R)(HD)

Sky Sports 1, 10am Tennis: The Sky Sports 2. 3pm Ternis, Sky Sports 2. 7.30pm Crusaders Glenavon, Sky Sports 1. 7.30pm West Ham vs Burnley, ESPN.

12.55 SuperCasino

4.05 Divine Designs (R) 4.30 Great Scientists (R) 4.55 Animal Rescue

Squad (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor(R)

TUESDAY SPORT

etherlands, Sky Sports 1. 10 am. Tennis, Sky Sports 2. 3pm Tennis, Sky Sports 2. 7pm FC Copenhagen vs Chelsea, Sky ports 2. 12m/t NHL Ice Ho ESPN. Sam NHL Ice Hodey, ESPN.

4.00-6am BBC Learning Zone

2.30 UEFA Champions League Weekly 3.00 The Jeremy Kyle Show: Shouty show. (R) 3.55-5.30am ITV Nightscreen

1.15am Musicon 4: Countdown to the NME Awards 2011 (R) 1.55 mm Zatoichi 3.50 mm The Spanish Gardener 5.25-6.15am Brothers & Sisters (R)

TUESDAY 22 FEBRUARY



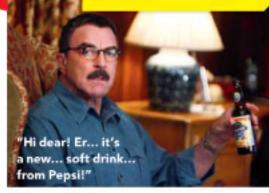
CSI Channel 5, 9pm

DRAMA Nick and Langston are called to a dump after a bloke finds blood oozing from his truck, and they soon discover loads of human body parts. Sounds like an extreme Don't Look to us! ***



8 Mile ITV4, 10pm

FILM Eminem's first big-screen outing sees him playing an up-and-coming rapper trying to overcome a poverty-stricken upbringing (so himself, basically!). It's a pretty good film with some ace rap battles. ★★★



TODAY'S

MUST-SEE

V PICKS!

Blue Bloods

DRAMA Sky Atlantic HD, 10pm More fast-paced crim-

catching fun tonight as Danny's search for a policeman's killer brings Henry back into contact with a former enemy. ***

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link: General knowledge quiz. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am (Beebies 7.00 (BBC 8.30 CBeebies 11.35 The Pixar Story (R) 1pm Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Flog (t) (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 My Life in Books

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Marning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 Dickinson's Real Deal: Antiques challenge. (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.10 Freshly Squeezed 7.35 Everybody Loves Raymond (R)8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA(R) 10.00 The Good Wife (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon Channel 4 News Summary 12.05pm TV The Conqueror: Historical epic. 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R)-6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Cities (R) 3.05 Christy: Return to Cutter Gap: Period drama. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons Homer discovers his image on a washing powder box. (R)

7.30 The Simpsons Marge starts her own business selling hot pretzels. (R)

8.00 Got to Dance It's the last semi-final of the

competition. Hooray! (R)(HD)

9.30 The Simpsons Mr Burns throws a party for his employees.(R)(HD)

10.00 Ali G Indahouse Ali G gets elected to Parliament, Very amusing. (HD)

11.40 Mental Jack uncovers a dark secret about a teenager. (R)(HD)

12.40am Inside: The Prison Code The lives of warders in

Calipatria state prison. (R)

7.00 The One Show

We happened to watch five minutes of this the other day. We won't be making that mistake again.

7.30 EastEnders

Whitney gets into trouble trying to raise money for rent, and becomes a hooker. We're being serious!

8.00 Holby City

Salnira is forced to decide between remaining loyal and maintaining her relationship. We have to decide which channel to switch to, fast!

9.00 Silk

Legal drama following the lives of two barristers on the front line of the judicial system.

10.00 News, Weather

10.35 Who Do You Think You Are?

Spike Lee tries to discover more about his family's origins. Can't say we're that bothered, really.

11.20 25th Hour

And now a film directed by Spike Lee. Edward Norton plays as a young drug dealer who has 24 hours of freedom before he's sent to prison. Heavy, but not bad.

7.00 Too Fast to Be a Woman? The Story

of Caster Semenya The gender debate surrounding the affilete who competes in women's events but is suspected by many of being a bloke.

7.50 Coast

Get your wellies on! (R)

8.00 A Farmer's Life for Me

The six remaining couples sell produce at a farmers' market. We'll take some cheese, please!

9.00 Natural World

Something about a rise in snake bites in India. Try Channel 5.

10.00 ICC Cricket World Cup Highlights

Action from the opening Group B match between England and the Netherlands, Surely England did the business. Surely!

10.30 Newsnight

11.20 Mad Men

A trip to California forces Don to consider his future

12.10am BBC News

7.00 Emmerdale

Lisa's concern for Lizzie grows after she admits she fandes Derek. Derek is a goose which wears a bowtie.

7.30 Grimefighters

More insect infestations.

8.00 Lion Country

More king of the jungle antics.

9.00 Taggart

DI Reid leads the investigation when a busker is stabbed to death. To be fair, he was a truly awful singer.

10.00 ITV News, Weather

10.35 Demolition Man

Sci-fi action thriller set in the future, starring Sylvester Stallone and Wesley Snipes. A disgraced cap is released from cryagenic imprisonment into a pacifist future to catch an escaped oriminal.

7.00 News

7.55 4thought.tv

8.00 Gok's Clothes Roadshow

Absolutely not. Just no. Leave it!

9.00 Heston's Mission Impossible

Heston goes on a mission to solve a load of culinary problems faced by four organisations, starting at a hospital. Good luck!

10.00 Shameless

Kelly is outraged to discover Lillian has formally adopted Bonnie.

11.05 The Big C

Cathy is reluctant to participate in a cancer support group's activities. Well, they don't exactly sound fun.

11.45 Music on 4: Countdown to the NME Awards 2011 (8)

12.00m/t Countdown to the NME Awards 2011 (8)

12.15am UK & Ireland Poker Tour

Action from the Champion of Champions event in London.

7.00 Five News at 7

7.30 Extraordinary Dogs

A Jack Russell that helped a couple tackle their son's breathing disorder.

8.00 Stansted: The Inside Story

A suspicious individual is spotted at the edge of the airfield.

900 CSI

MANAGED The team find a body that looks like it's been shoved through acheese-grater, Hirm, nice!

10.00 CSI: Miami

Amother-af-two is killed when her car is involved in an accident. (R)

The team is called

in to investigate the murder of a girl dressed as a virtual world character. (R)

& Order

Ayoungster is killed in abuilding explosion.(R)

12.50am Super Casino

Designs 4.30 4.55-6.00am Rescue Squad

10.55 CSI: NY

11.55 Law

4.05 Divine GreatScientists





on our official page.

facebook.com/nuts.magazine

1.30am Sign Zone: See Hear (R) 2.00 Human Planet (R) 3.00 The Bear Family and Me (R) 4.00 Save My Holiday (R) 4.45-6am BBC News

4.00-6am BBC Learning Zone

2.40 Crossing Jordan: Drama. 3.30-5.30am ITV Nightscreen

1.15 Part Bull Run 1.40 Part FIS Snowboarding 2.10 Athletics 3.30 KOTV Boxing Weekly 4.00 (2001) Basketball 4.55-5.25am Powerboating

Nuts V

23 FEBRUARY WEDNESDAY



Marseille vs Man United ITV1, 7.30pm

Fergie's men head to France to SPORT face, and probably beat, Didier Deschamps' well-organised side. ****



The Sopranos Sky Atlantic HD, 9pm

DRAMA Tony gets ripped off by a strictly religious hotel owner, while Brendan and Christopher get their comeuppance for ripping off Uncle Junior. ****



Sons Of Anarchy

DRAMA Five USA, 10pm Jax and Clay are out to get Zobelle, as two attacks have happened on their club members now, and they don't even know about the assault on Gemma yet! $\star \star \star \star \star$

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional

TWO

6am (Beebies 7.00 (BBC 8.30 (Beebies 11.45 ELM Anne of Green Gables: Classic children's tale. 1pm See Hear 1.30 Lifeline (R) 1.40 Priceless Antiques Roadshow (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Flog It! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 My Life in Books

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 Dickinson's Real Deal (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6.20am The Hoobs (R) 7.10 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA 10.00 The Good Wife (R) 10.55 Country House Rescue (R) 12.05pm Whatever Turns You On (R) 12.10 TIME The Barbarian and the Geisha 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: NY (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Islands (R) 3.05 Qut of the Woods: Domestic drama starring Edward Aster. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

Cash in the Attic (R) 12.15pm News Programmes, Weather

The team tackle Britain's problems with snow. It snows, we get 'stuck

7.00 Emmerdale

7.30 UEFA

Carl and Nicola head to Peterborough. The bright lights, eh?

Champions League

between French side Marseille

Watchit. That's an order.

and Man United, kids off 7.45pm.

MISSIZER The last-16 first-leg match

7.00 News

7.55 4thought.tv

of Prejudice

9.00 The Real

10.00 The Model Agency

The world of modelling. Could be easy on the eyel

an abrupt halt. (R)

12.10am Music on 4:

featuring performances from Blood Red Shoes and Clare Maguire.

9.00 Louie Spence's Showbusiness

for Sale

Give us strength. (HD)

7pm The Simpsons

York to retrieve his car. (R)

7.30 The Simpsons

8.00 Dream Lives

Searching for business

apportunities in Florida. (HD)

Norwegian immigrants look for work in Springfield. (R)(HD)

Homer takes the family to New

10.00 Mad Dogs The friends find themselves implicated in a murder. (R)(HD)

11.00 Ross Kemp: Extreme World

The actor visits some of the most dangerous places on Earth. Good luck! (R)(HD)

12.00m/t Inside: Teen Lockdown

Life inside Indiana's Juvenile Maximum Security Correctional Facility. (R)

7.00 The One Show Topical chat-chit, Er, chit-chat,...

7.30 Rip Off Britain Why half the population's having to live on cheap stufflike pasta.

8.00 Waterloo Road

Martin and Kyle taunt the school's new caretaker.

9.00 MasterChef

Very serious pan-wielding.

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws

Myleene Klass presents.

10.45 Film 2011 with Claudia Winkleman

Reviews of The Rite, Animal Kingdom and West is West.

11.25 Match Point

Woody Allen's tennis-based thriller starring Jonathan Rhys Meyers and -drum roll, please -Scarlett Johansson, Yes!

7.00 Top Gear

at home! What's the problem? (R)

8.00 Madagascar The decidedly nutty wildlife in the

west and south of Madagascar.

9.00 A History of Ancient Britain

Britain and Ireland's Stone Age monuments. Give it a miss.

10.00 Have I Got Old News for You

Funny bloke Lee Mack hosts. (R)

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights

The Group A ball-whacking between Kenya and Pakistan.

12 20am RRC Naws

10.00 ITV News, Weather

10.35 UEFA Champions League: Extra Time

Action from this week's last-16 first-leg encounters, including Marseille vs Man United and FC Copenhagen vs Chelsea. Cool!

11.35 Police, Camera, Action!

The dangers posed by drivers whose bad habits cause them to be distracted. Sorry, what was that? We weren't paying attention. (R)

12.30am The Zone

The right to procreate. Or change channels. The footy kidsed offten minutes ago on ITV1!

8.00 Beauty and the Beast: Ugly Face

Ayoung mum and a glamour model discuss their views on beauty.

King's Speech

The working relationship between George VI and his speech therapist.

11.05 Shameless Carl and Sita's relationship comes to

Sounds from the Cities Mat Home visits Nottingham,

12.45 **The Album** Chart Show Spotlight Around-up of the week's releases.

7.00 Five News at 7

7.30 Starlight: For the Children

Two siblings with cystic fibrosis visit Disney World in Florida.

8.00 Cowboy Builders

More builders who managed to demolish properties with one swipe of their hammer.

9:00 NCIS

An attempted robbery leads to the death of a lieutenant

10.00 Law & Order: Criminal Intent

Garen struggles with a crisis. (R)

11.00 Law & Order: Special Victims Unit A professor is accused of rape. (R)

11.55 Poker

Shade-donning action with the World Open VI from the Palm Beach Casino in London's Mayfair, featuring the final table.

12.55am SuperCasino

Sports 1. 10am Tennis, Sky Sports 3pm Ternis, Sky Sports 2, 5pm Golf, Sky Sports 1. 7pm Intervs Bayern, Sky Sports 2, 7,30pm MEST SEE Marseillers Man Un ITV1, 12,30am Ice Hockey, ESPN.

THURSDAY'S SPORT

Sky Sports 1. 10am Tennis, Sky Sports 2.5.45pm Liverpool vs Sparta Prague, Channel 5. 6pm uropa League, ESPN, 7pm Darts, Sky Sports 1. 3.45am Australia vs New Zealand, Sky Sports 1.

1.30am Sign Zone: Country Tracks (R) 2.25 The Chinese Are Coming (R) 3.25 Save My Holiday (R) 4.10 Climbing Great Buildings (R) 4,40-6am BBC News

4.00-6am BBC Learning Zone

2.30 Title Tremors: Monster chiller stavring Kevin Bacon and Fred Ward. 4.10-5.30am ITV Nightscreen

1.00 Mercury Prize Sessions (R) 1.15 Coming Up: Boy (R) 1.40 Animal Madhouse (R) 2.35 Food: What Goes in Your Basket? (R) 3.30-4.15am Hill Street Blues (R) 4.05 Divine Designs (R) 4.30 Great Scientists (R) 4.55 Animal Rescue Squad (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor(R)

THURSDAY 24 FEBRUARY



Human Planet BBC1, 8pm

The ace docu continues as we look at people living near rivers, including a family who trek a frozen river in the Himalayas despite knowing it could melt at any time. Brilliant TV. ★★★★



Mad Dogs sky1/HD, 9pm

The guys move Alvo's body DRAMA to try to implicate the Serbian Mafia in his murder. But on returning to the villa, they're taken hostage by a gunman, resulting in yet another death! ***



TODAY'S

30 Rock

DRAMA Comedy Central, 10.30pm Liz is in a rage when the entire team forget her 40th birthday. Tracy, meanwhile, has decided to start messing up his lines deliberately for laughs. $\star \star \star \star$

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 Cashin the Attic 12.15pm Bargain Hunt [R] 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am (Beebies 7.00 CBBC 8.30 (Beebies 11.35 WEMAnne of Windy Poplars 1pm Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Flog (t) (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 My Life in Books

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 Dickinson's Real Deal: From Penvith, Combria. (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.05 Freshly Squeezed 7.35 Everybody Loves Raymond (R)8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Supernanny USA 9.55 The Good Wife (R) 10.55 Help! My House Is Falling Down (R) 12.00noon News 12.05pm The League of Gentlemen 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: NY (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Extraordinary Dogs 3.15 Mystery Woman: Redemption 5.00 Five News, Weather 5.15 Neighbours (R) 5.45 UNE UEFA Europa League Football: Liverpool us Sparta Prague, kick-off 6pm.



7pm The Simpsons Simon Cowell quest stars. (R)

7.30 The Simpsons Lisa disquises herself as a nunto infiltrate a convent. (R)(HD)

8.00 Hawaii Five-0 The team go on the trail of a violent criminal who's escaped from an island prison. (R)(HD)

9:00 Mad Dogs

MISSESS Thefriends begin to

malisaiust haw much de die

they're in and come up with a

plan to make Alvo's murder

look like a Mafishit (HD)

7.00 The One Show

7.30 EastEnders

Janine goes to extreme lengths in a bid to pay her rent. Maybe she's on the game, too?

8.00 Human Planet

MISIZED An amazing look at survival techniques, this time those living close to rivers. Brilliant!

9.00 MasterChef

Cookery-based comp.

10.00 News, Weather

10.35 Question Time

Political gubbins.

11.35 Dirty Pretty Things An illegal immigrant in London uncovers human organ trafficking in the hotel where he works. Heavy going, but with a good pay-off.

7.00 The Culture Show

Alastair Sooke interviews street artist.JR, and two Terence Rattigan plays are reviewed. We're none the wiser, to be honest.

8.00 The Hairy Bikers: Mums Know Best

The bikers meet mothers who enjoy eating outdoors. Er, a pionic then?

9.00 The Spice Trail

How nutmeg and doves launched epicvoyages and shaped empires. Stretching it a bit, surely?

10.00 Victorian Pharmacy

People were bankers in the olden days. Here's proof.

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights

Bat-swinging between South Africa and West Indies.

12.20am The Culture Show

The show from earlier. (R)

7.00 Emmerdale Farm-based frolics.

7.30 Cyber Wars: Tonight

The threat posed by hackers to the security of the UK's computer networks. We say take 'em down! Just leave the Nuts.co.uk site alone.

8.00 Emmerdale

More sheep-shearing nonsense

8.30 Coronation Street

Sunita tries to blackmail Owen into finishing the shop. Crafty!

9.00 Marchlands

In 1968, Robert advises a distraught Paul to leave the village and make a fresh start with Ruth. OK then.

10.00 ITV News, Weather

10.35 Odd One In

Rubbish celebs identify people with unique skills or secrets. (R)

11.20 Send in the Dogs Pa-pa sniffer dags. (R)

12.15am The Zone

7.00 News

7.55 4thought.tv

8.00 Relocation, Relocation

An update on a couple who wanted properties in London and Wiltshire. Well, it was a bit of a diffhanger.

9.00 Rome Wasn't **Built in a Day**

Last in the series of a quality show.

10.00 10 O'Clock Live

Light-hearted current affairs show.

11.05 Big Fat Gypsy Weddings Arepeat of the odd, behind-the

scenes looking at the travellers. Not time travellers, sadlycaravan dwelling-types. (R)

12.10am Music on 4: CTRL MX

With producer Mark Ronson.

12.40 4Play: Crystal Fighters

12.55 4Play: Caitlin Rose

8.05 Emergency Bikers Paramedics on bikes are called to help a woman who's gone and fallen head-first down the stairs of a bus. That's gonna hurt!

9.00 Mercenary for Justice

Action thriller starring - wait for it-Steven Seagal! Amercenary is recruited to rescue the son of a drug lord from an African prison, but his pesky paymasters have an ulterior motive. Course they do.

10.55 The Exorcist: The True Story

Documentary examining the real-life incident that inspired the dassic film. (R)

11.55 Cops in Crisis

The dangerous situations experienced by police officers. (R)

12.15am Super Casino

4.05 Divine Designs 4.30 Great Scientists 4.55-6am Guide to Beaches

10.00 House

House uncovers secrets about Cuddy's mother when she checks in to the hospital. (HD)

11.00 NCIS: Los Angeles

A body containing a top-secret residue is stolen from an autopsyroom. (R)(HD)

12.00m't Road Wars Cops in cars! (R)



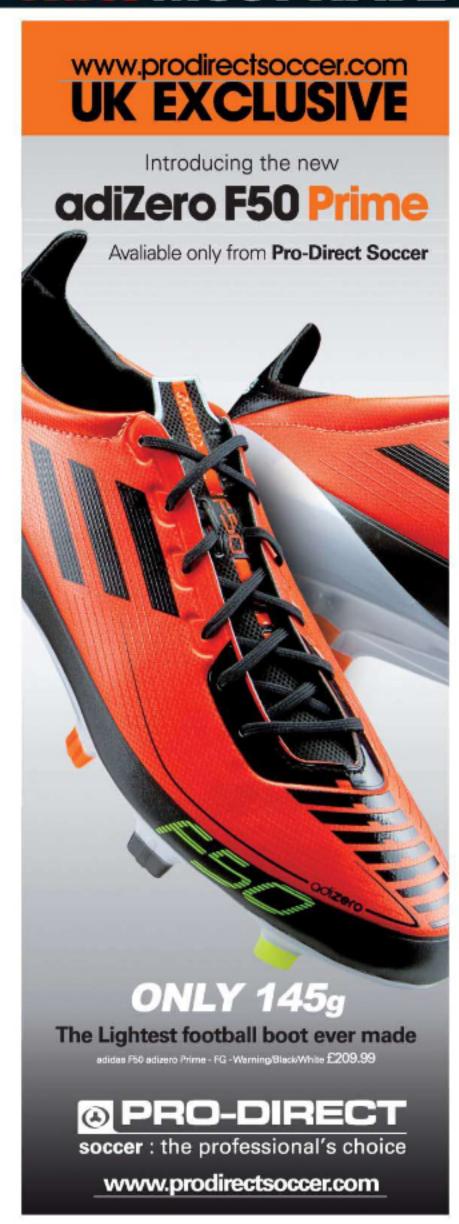
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1.15am Sign Zone: How to Blow a Fortune: Panorama (R) 1.45 Countryfile (R) 2.40 Antiques Roadshow 3.40 Save My Holiday (R)4,25-6am BBC News

1.20 BBC News: Headlines. 4.00-6am BBC Learning Zone 2.20 Spartacus: Drama. (R) 3.45-5.30am (TV Nightscreen 1.05 Arthur's Hell on High Water 2.00 Will My Crash Diet Kill Me? 2.55 The Bed 3.20 Dispatches 4.15

Without a Trace 5.00 Wogan's Perfect Recall 5.25-6.10am

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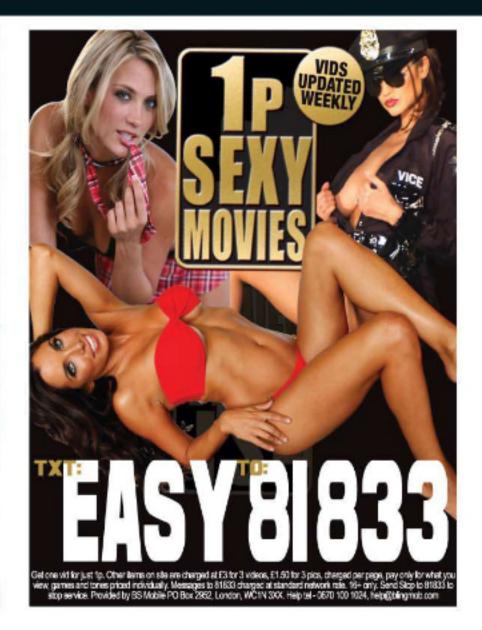
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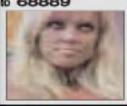
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Nuts PUBAMMO

A pint of your finest facts, landlord - and cut out the froth!



nettles grow over a foot higher on ground where there are human bodies buried.

The tube of metal or plastic at each end of a shoelace is called an aglet.

A cubic centimetre of a neutron star weighs 100 million tonnes.

Several species of whiptail lizard are exclusively female.

discovered by accident when an engineer working on radar sets noticed that the resultant microwaves had melted a chocolate bar in his pocket

Cleethorpes boasts the highest concentration of caravans in Europe.

stomach through their mouth, working out the offending solids using their arms, and then re-swallowing their stomach

By the time a child has grown into adulthood, they will have nearly 100 fewer bones in their body than they did at birth.

in the Blackburn vs West Brom match of 23 January is a new Premier League record.

Emus and kangaroos are on the Australian coat of arms because neither can walk backwards.

There is a species of moth in Madagascar that feeds solely on the tears of sleeping birds.

Sylvester Stallone's son by his first wife is named Sage Moonblood Stallone.





- Belgium claims to be the inventor of the chip. They were first served there in the late 17th Century.
- In 1802, Thomas Jefferson served chips at a White House dinner.
- Britain is now considered the chip capital of the world as we consume

- no less than 16 different variations of the foodstuff.
- £1 out of every £100 spent on food in the UK is in fish and chip shops.
- National Chip
 Week runs
 from Monday
 21 February
 until the 27th –
 visit www.
 lovechips.co.uk
 for more
 information.



WORDS, PETE CASHMORE, ROWEN CORROAN PHOTOS: CAMBA PRESS, REX, GETTY, ALLSTAR

Nuts BANNO

Impress your mates with these fab facts about this year's UK census!



The first full UK census was carried out in 1801.

At the last census, in 2001, around one in 250 dwellings was a caravan or mobile home.

Census day 2001 counted over 52 million people living in **England and Wales.**

At the time of the 2001 census. there were 145,616 bar staff in England and Wales.

Almost one in three adults were living the single life a decade ago.

In 1881, a Londoner gave his occupation as "professional wizard".

Over one in three households had more than one car in 2001.

In 2001, 390,000 people listed their religion as Jedi Knight, making it officially the fourth-largest religion in the United Kingdom.

In February 2010, a Facebook group appealing for heavy metal to be listed as a religion attracted 14,000 members in just two weeks.

There's a Samoan rugby player called Census Johnston.

For the first time in the census, "pole dancer" will be added to the list of occupations this year.

The occupation "back end girl" -

PUB AMMO ON... THE CENSUS



- On 27 March, boffin types who wear big glasses, carry clipboards and spend lots of time stroking their beards will be getting everyone to provide info confidentially about themselves for the 2011 census.
- The census, carried out every ten years, asks all kinds of auestions - from where you live and what you do for a living, to what colour socks you're wearing (er, OK, maybe
- not that last one), with the purpose of gathering vital information to help plan services such as schools. hospitals and housing in England and Wales.
- And this year, they've embraced that amazing thing called technology, so you can complete the questionnaire online. Huzzah!
- So, in celebration of all things census, here are some brilliant informationgathering facts!

MAKE BRITAIN BETTER

FOR MORE INFO ABOUT THE CENSUS AND A CHANCE TO WIN A 40IN 3D TV, GO TO WIN A 40IN 3D TV, GO TO WIN A 40IN BETTER" SURVEY!

